

**Better
Homes**
and Gardens.

A U S T R A L I A N

STOP winter weight gain **NOW!**

diabetic LIVING®

50+

**RECIPES FOR
LIGHTER
EATING**

Wheat-free winners
Super soups
Healthyish desserts

Melt in your mouth chicken cottage pie!

JULY/AUGUST 2019, ISSUE 82
\$7.99 (inc GST), NZ \$9.20 (inc GST)



JULIE'S STORY

*"I lost 50kg to
save my sick
daughter"*

**HOW TO
AVOID THE CUT
PROTECTING YOURSELF
AGAINST AMPUTATION**

Less carbs. More flavour!

LIVING LA VIDA LOWER CARB

ZIN_DL_0719

Pacific magazines

HAPPY FEET! DANCE YOUR WAY TO FITNESS



Your partner in managing pain. What a relief.

We understand living with an ongoing pain condition can often put a strain on our daily lives, where seemingly simple tasks require a huge effort. Managing persistent pain can be challenging, but you do not have to be alone on this journey.

Talk to us in store to help you manage your pain.

Ask about our pain medication check today~

Have you

-  Got a history of chronic or acute pain?
-  Been using medication to manage your pain with little success?
-  Got prescriptions for five or more medications?
-  Recently been discharged from hospital?

~Service fees and eligibility criteria may apply. Ask your pharmacist if you are eligible to receive a government subsidised Medication Check (MedsCheck) service. TerryWhite Chemmart® is a registered trademark of TWC IP Pty Ltd ACN 136 833 611 and used under licence by TW&CM Pty Ltd ACN 136 833 620. TM17714



**TerryWhite
Chemmart.**

that's *real* chemistry

BRILLIANT

THE ULTIMATE LIVE EXPERIENCE



THE ROYAL
EDINBURGH
MILITARY
TATTOO

TICKETS ON SALE NOW • 4 SHOWS ONLY

edinburghtattoosydney.com.au
ANZ Stadium | Sydney 17-19 October 2019

Sponsored by



sydney.com

ON THE COVER

18 Lighter eating **49** Cottage pie
102 Avoid the cut **108** Stop winter weight gain now! **121** Julie's story
124 Happy feet

FOOD

- 18 5 days, 5 dinners**
- 26 Cooking for one** Going solo never tasted so good!
- 32 Main attraction** Go lower carb with these delicious dinners
- 40 Souped up** Hearty soups put a new spin on a liquid diet
- 49 Cottage pie** Cook our lower-carb cover recipe
- 50 Wheat-free winners** Avoiding wheat or gluten? You'll love these
- 60 Eat for healthy skin** A sardine salad to get your skin glowing
- 62 Quick & easy snacks** Don't blow your carb count when the mid-afternoon munchies hit
- 66 Not-so decadent desserts** Reclaim dessert with these healthyish treats
- 74 Breakfast champions** Start your day the lower-carb way
- 80 Breads and wraps** A round-up of lower-carb options

LIVING WELL

- 88 Carb FAQ** Your burning carb questions answered
- 91 Counting carbs** Just because you're watching your carb intake doesn't mean you can't enjoy restaurant meals
- 96 The time is now** Share the news and let everyone know the 4 Ts
- 97 Shake things up** Is a meal replacement shake right for you?
- 100 Facts and figures** 10 important things you should know
- 102 Avoiding the cut** Don't become a diabetic amputation statistic
- 106 Movement as medicine** What's going on inside when you exercise
- 108 Avoid winter weight gain** How to stop cold weather putting



22

End your working week with our warming curry

- another layer on your body
- 112 The keys to your heart** Focus on a healthier heart
- 114 Beta-glucans and diabetes** Discover the benefits of adding fibre to your meals
- 124 Move to the music** Dance along with these easy steps
- 129 10,000 steps** Walk through Sydney's most popular area

MY STORY

- 117 'A 'glorious gift' from my geriatric pregnancy'**
- 121 'I've flipped diabetes on its head'**

REGULARS

- 7 Editor's note**
- 8 Just diagnosed**
- 10 Your healthy life**
- 82 Cook's tips**
- 84 Menu plan**
- 86 About our food**
- 98 Diabetes hero**
- 132 Feel better in 5**
- 135 Recipe index**
- 138 Postcards from the shed**

102 The truth might be scary, but don't ignore it



119

Gestational diabetes didn't affect her birth



SPECIAL OFFER

Turn to page 136 and subscribe to Diabetic Living to receive 6 issues for just \$35, and you'll receive 2 FREE issues and a cookbook!



EDITORIAL

Editor Alix Davis **Creative director** Scott Cassidy
Designer Angela Short **Writer** Ellie Griffiths
Food editor Alison Roberts **Dietitian** Shannon Lavery

CONTENT MANAGEMENT TEAM

Copy directors Chrystal Glassman and Daniel Moore

ADVERTISING

Brand solutions director Clarissa Wilson
Brand solutions manager Alison Kirkman (02) 9394 2033
Print operations manager Morgan Harris

PUBLISHING

Head of health Kathy Glavas
Marketing manager (health) Courtenay McDermott
Marketing & events executive Ellie Fletcher
Better Homes and Gardens editor-in-chief Julia Zaetta
Head of consumer and retail Adam Blount
National business manager Brendan O'Donnell
Group production manager Mark Boorman
Production controller Alice Termer

PACIFIC MAGAZINES PTY LIMITED

Media City, 8 Central Avenue, Eveleigh, NSW 2015;
GPO Box 7805, Sydney, NSW 2001, (02) 9394 2000

Chief executive officer Gereurd Roberts
Commercial director Nicole Bence
Group content and brand director Louisa Hatfield

MEREDITH INTERNATIONAL

Chairman and chief executive officer Stephen M Lacy
Chief development officer John S Zieser
Meredith international director Mike Lovell

Reproduction Printed by Webstar Print (ABN 58 000 205 210) at Unit 1, 83 Derby Street, Silverwater, NSW 2128. Distributed in Australia by Gordon and Gotch Australia Pty Ltd (ACN 088 251 727). Distributed in New Zealand by Gordon and Gotch New Zealand (CRN 1540329). Published six times a year by Pacific Magazines Pty Ltd (ABN 16 097 410 896). For competition entries, please use the address supplied. Title and trademark DIABETIC LIVING® reg US Patents Office, Canada and Australia, by Meredith Corporation. Use of trademark is strictly prohibited. Recommended and maximum price \$7.99 (NZ \$9.20) including GST. All content © 2017 Pacific Magazines Pty Ltd, all rights reserved. Reproduction without permission is prohibited. All prices and information are correct as at the time of printing. Prices quoted are recommended retail prices and may vary. All material sent to *Diabetic Living* (whether solicited or not) will not be returned. Unless otherwise agreed beforehand, all rights including copyright in such material is assigned to Pacific Magazines upon receipt and Pacific Magazines may use or sell the material in all media worldwide in perpetuity without further consent or payment. *Diabetic Living* does not accept or assume responsibility for such material.

Pacific magazines
We create magazines people love

OUR EXPERTS

Dr Kate Marsh

Dietitian & diabetes educator

Kate, who has type 1, is in private practice in Sydney: drkatemarsh.com.au

Christine Armarego

Exercise physiologist

At her clinic, Christine focuses on exercise as a way to improve BGLs: theglucoseclub.com.au

Dr Sultan Linjawi

Endocrinologist

A diabetes specialist, Sultan has a clinic in Coffs Harbour, NSW: drsultanlinjawi.com

Dr Janine Clarke

Psychologist

Janine is in private practice at Mend Psychology and The Sydney ACT Centre: mendpsychology.com.au

Rachel Freeman

Diabetes educator

Rachel also works at the Australian Diabetes Educators Association: adea.com.au

Dr Gary Deed

General practitioner

Gary, who has type 1, is devoted to helping people with diabetes. He is in practice in Brisbane.

Danielle Veldhoen

Podiatrist

Danielle works at Flinders Medical Centre, South Australia.

Dr Angus Turner

Ophthalmologist

Angus directs Lions Outback Vision, providing specialist eye-care services to remote areas of WA: outbackvision.com.au

Elissa Renouf

Type 1 parent

Elissa is the owner of Diabete-ezy and a mum of four kids with type 1: diabete-ezy.com



Ready to cut the carbs?

» Have you been hearing lots of people talking about eating a lower-carb diet? I know I have.

It seems to be everywhere on Facebook and in various forums. But what does that actually mean? There's no real definition of 'low carb', so the concept is open to interpretation.

Australian Dietary Guidelines recommend getting 45-65 per cent of your daily energy from carbs, with a minimum of 130g per day to ensure healthy function of the energy and nervous systems.

This issue we've pulled together recipes and menu plans that aim to hit that 130g mark while still providing loads of flavour and all the nutrition you need.

Just remember, though, that everyone is different and a diet that works for one person might not be optimal for another.

Our advice is to see your dietitian to get a plan that's right for you. Our delicious recipes start on page 18 and I look forward to hearing which ones are your favourites.

We've also answered your questions about carbs (page 88) and tackled how to manage carbs (page 91) when you're eating out – it is possible!

Nerve damage and subsequent amputation is a very real complication for people with diabetes, and our story on page 102 is a good reminder that it's an issue that shouldn't be ignored. While Julie's story, on page 121, is a triumph – she lost 50kg to better help her sick daughter and saved herself in the process!

Alix

Alix Davis, Editor

JOIN US ON...

Need more inspiration to eat well and exercise? You'll find more great recipes and loads of ideas on our website.



WEBSITE

diabeticliving.com.au



FACEBOOK

facebook.com/
DiabeticLivingAU



INSTAGRAM

instagram.com/
diabeticliving

NEXT
ISSUE ON
SALE
15 AUG

TALK TO US TODAY!

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers.

Email us at **diabeticliving@pacificmags.com.au**

READER ENQUIRIES

diabeticliving@pacificmags.com.au OR (02) 9394 2350

SUBSCRIPTION ENQUIRIES

subscriptions@pacificmags.com.au OR 1300 668 118

Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Pacific Magazines nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.



JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around "diabetes lingo"? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialed Diabetes

Educator for more guidance.

- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being



diagnosed, because the pancreas produces less insulin over time.

- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

Food myths for PWD*...

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

*That's People With Diabetes



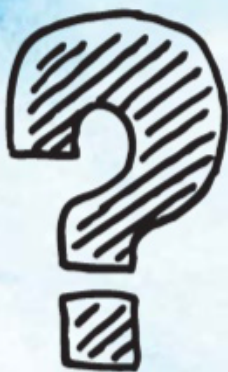
Losing just 5% of your body weight can have a positive impact.

WORDS KAREN FITTALL PHOTOGRAPHY GETTY IMAGES

TYPE 1 AND TYPE 2... What's the difference?

● **Type 1** is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

● **Type 2** is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.



Take this to heart

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.



2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.

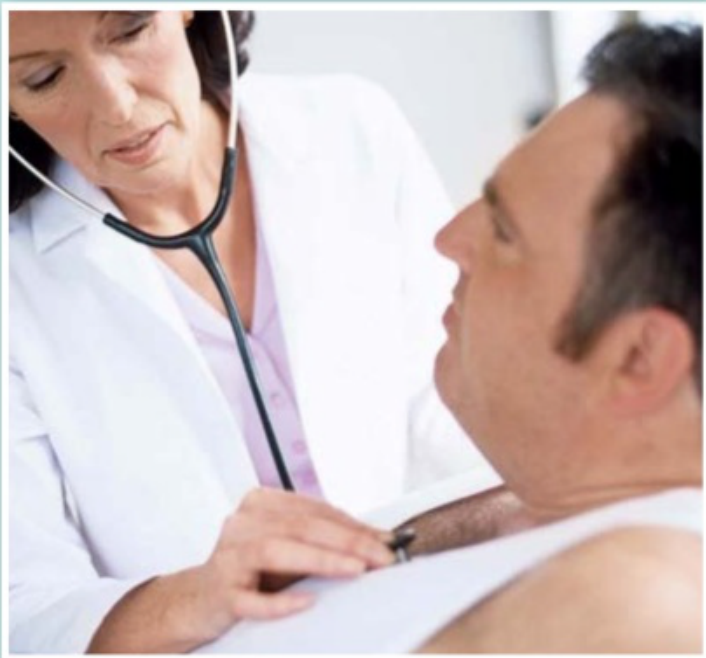


3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■

YOUR healthy life

New research, diet and exercise tips to help keep you healthy and happy



WOULD YOU BRING IT UP?

A study recently presented at the European Congress on Obesity in Glasgow claimed two-thirds of obese patients wanted to discuss their weight with their doctor, but would, on average, wait six years to do so. It further concluded about 70 per cent of healthcare professionals didn't initiate a weight loss conversation with their patient, as they thought the patient was not interested, but in reality, only 7 per cent of them weren't. Another reason professionals didn't discuss it was for fear of embarrassing or upsetting the patient. And 81 per cent of patients didn't raise it themselves as they felt weight loss was their own responsibility. If you have concerns about weight, don't disregard them. Start the convo today!

EGGS-CELLENT

Vitamin D is known for lowering the risk of cardiovascular disease and is required for maintaining strong bones and teeth. Despite this knowledge, almost one quarter of the Australian population is living with a mild to moderate vitamin D deficiency. Research from Australian Eggs has recently concluded just one serving of eggs (2 x 60g) provides you with 82 per cent of your recommended daily intake, making eggs one of the highest natural sources of vitamin D. To start adding eggs to your diet, try our Mushroom, Corn and Parmesan Omelette (recipe, page 78).

The BIGGEST killer

Smoking has long been known as one of the greatest threats to health, however, a recent study published in *Lancet* concluded **11 million people** die each year, globally, due to poor diet. People are eating too much salt and not enough whole grains, fruit and veg, confirming a balanced diet is important for a healthy life.

SILENT DISEASE

People with type 2 are at a higher risk of developing **liver disease** – such as non-alcoholic fatty liver disease – with many patients being diagnosed at late, advanced stages. Researchers from the Queen Mary University of London and the University of Glasgow studied 18 million people in Europe and called for closer monitoring of people with diabetes to prevent liver disease.





Dance 'til your heart's content

After following 130 participants for eight years, researchers concluded women who dance frequently are associated with a 73 per cent lower chance of disability, and further lower their risks of dementia. Their study was published in the *Scandinavian Journal of Medicine & Science in Sports* and found that performing choreography to music,

and dancing, challenge such things as strength, endurance, concentration, balance, memory and motor skills.

Need a little inspiration? The drumming and dancing spectacular, the Royal Edinburgh Military Tattoo, will be performed at Sydney's ANZ Stadium in October. For tickets, visit edinburghtattoosydney.com.au or ticketek.com.au.



Q&A ASK RACHEL

I feel like diabetes is really hard work and I'm just not coping. It's getting on top of me and I feel angry about it. Is this normal?

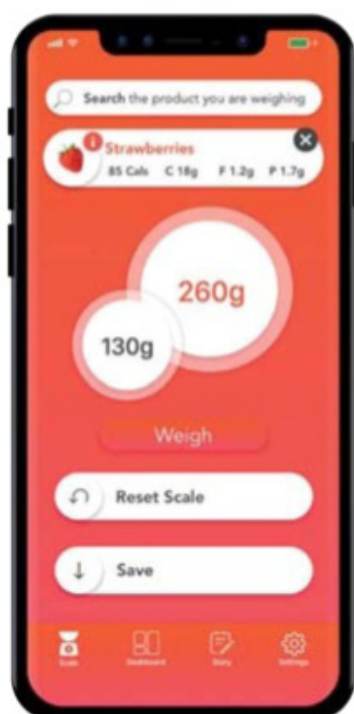
Rachel says: This can be a normal part of dealing with the day-to-day management of diabetes. Because diabetes is a chronic condition, meaning it is long-term, it can feel like a burden.

There is a common condition called 'diabetes distress' and health professionals are on the lookout for this with their patients who have diabetes. There is help available and it is highly encouraged that you speak to your health professional about how you are feeling.

It is important to find a health professional who has the time to listen, so you can share your concerns and feelings and discuss ways to help.

There may also be a support group in your area that you can join. Often it's a good way to share experiences and find out from other people with diabetes that you're not alone. ➤

Rachel Freeman, diabetes educator
Email your questions to:
diabeticliving@pacificmags.com.au
Post: *Diabetic Living*, Q&A: Health,
 GPO Box 7805, Sydney, NSW 2001.



MyGrams



Do you get anxious when trying new foods or eating out? Are you or your child newly diagnosed with diabetes? MyGrams may be the answer. This smartphone case and app calculates weight and nutrients (including bread units to the nearest gram) to easily determine the nutritional values of what you are eating. For more information, visit mygrams.com.

Live to a ripe old age

Ever wondered what the secret is to living to your 90s?

Scientists from Maastricht University Medical Centre in the Netherlands discovered women who exercised (i.e. walked the dog, cycled and gardened) for 30-60 minutes a day were 21 per cent more likely to reach the milestone than those who did less than 30 minutes. However, any more than 60 minutes a day can have a detrimental effect. Men who exercised 30 minutes a day were 34 per cent more likely to reach the age of 90, but this rose to 39 per cent when they performed more than 90 minutes of exercise a day. Scientists are unclear why the impact of exercise differs across genders.

LIVE LIFE COMFORTABLY

Today, there is an increasing number of Aussies living with **allergies and food intolerances**. As a result, people are becoming more cautious about what they are putting into, and on, their bodies. The Allergy Show and Free From Show were created in response to this and are displaying an array of food, beauty and household products.

The first ever shows will be held in Melbourne, from 12-14 July, 2019. More locations and dates to come. For more information, visit freefromshow.com.au or allergyshow.com.au.



NEW HOPE

A new protein, *neuronostatin*, has been found in the pancreas by researchers at Saint Louis University, Missouri, who believe it could be used to prevent hypoglycaemia in insulin-dependent people.

When injected into rats, researchers found the protein forced the pancreas to raise BGLs. They also reported, at this year's American Physiological Society's meeting, that the human pancreas tissue released more neuronostatin when BGLs were low, and increased the levels of this protein when glucagon treatment was used.



Exercising in the morning, combined with frequent walking breaks throughout the day, are more likely to **boost short-term memory** in adults over the age of 55.

— Study conducted by Baker Heart and Diabetes Institute, and The University of Western Australia



Drinking water
is essential to a healthy diet – and it's zero sugar!



In the last decade, weight loss surgery rates have more than doubled in Australia alone, but research indicates bariatric surgery increases the risk of developing an alcohol-use disorder. A new study published in *Obesity Surgery* concluded up to one fifth of participants report symptoms within five years of the surgery. "Individuals who are pre-disposed to engage in eating to cope prior to bariatric surgery could be more likely to use alcohol as a replacement coping mechanism," said Associate Professor Joanne Dickson from Edith Cowan University.



I have some hard lumps on my stomach from injecting insulin and I have been told not to inject there anymore. Will the lumps go away and when can I start using those areas again?

Sultan says: The medical term for these fatty lumps is *Lipohypertrophy* and is something that, unfortunately, is pretty common, but is usually avoidable if you rotate injection sites and don't repeatedly use one area to inject. The reason this condition is problematic is that if insulin is injected into a lumpy scarred area it may not be absorbed in the same way each time (either too slowly or too fast) and this can lead to real problems with blood sugars.

The best treatment is to leave these areas completely until they have gone, which can take a year or more. If they do not go away, liposuction treatment can sometimes be of help. Get someone who deals with this all the time (such as a diabetes educator) to have a feel for lumps as they are best felt by someone else. ➤

Dr Sultan Linjawi, endocrinologist
Email your questions to:
diabeticliving@pacificmags.com.au
Post: *Diabetic Living*, Q&A: Health,
GPO Box 7805, Sydney, NSW 2001.

FOREVER MARKED



Tattoo artists are now designing a more permanent tag for clients living with chronic illnesses, replacing the need for – and worry of losing – a medical ID. These tattoos are designed in your style, are there forever and, when located on your wrist, are a quick and easy way to alert health professionals of your insulin dependency during an emergency.

While it is illegal in most states and territories to tattoo a minor, even with parental consent, if you are of legal age and are wanting a medical tattoo, be sure to visit your healthcare team first as high BGLs can complicate the healing process and can increase your risk of infection.

Check your BLOOD PRESSURE

Six million Aussies have diagnosed high blood pressure. But, the Baker Institute says “hypertension (where high blood pressure exists but is not picked up by clinic measurements)” was masked in about 1 in 5 people in a study group; nearly half had high blood pressure, but only a quarter were on meds. To manage diabetes with a healthier heart, see page 112.



Get your eyes tested

The Macular Foundation discovered 64 per cent of Aussies with diabetes were unaware their eyes could also be affected by macular diseases (other than diabetic retinopathy). Visit mdfoundation.com.au.



My doctor says it is my heart he is most worried about, not just my glucose levels. Is this true?

Gary says: Your doctor is acutely aware having all forms of diabetes can unfortunately lead to early onset heart disease, compared to people without diabetes. Heart disease and stroke are four times more likely with diabetes, but the important thing is it is not always inevitable and there is lots that can be done to prevent these things occurring. This is why many people are often prescribed cholesterol-lowering and blood-pressure medications to help reduce risks. Staying a healthy weight, and being physically active your whole life can only help and, of course, seek help if you are smoking, to stop. Keep your regular appointments with your GP or specialist and learn what are the goals that may make you live healthier. ■



Dr Gary Deed, general practitioner
Email your questions to: diabeticliving@pacificmags.com.au
Post: Diabetic Living, Q&A: Health, GPO Box 7805, Sydney, NSW 2001.

LOOKING FOR LOW GI PRODUCTS?

We've got you covered...

LOWER CARB BREAD GI = 24

LOWER CARB PASTA GI = 22

PROTEIN MUESLI GI = 30/32/35



**LOW
SUGAR**

**LOWER
CARB**

**LOW
GI**

**HIGHER
PROTEIN**

**HIGHER
FIBRE**



After GI testing by the University of Sydney (SUGiRS) it was concluded that Herman Brot bread and pasta was "suitable for consumption by people with diabetes in controlled amounts in line with their individual dietary requirements." Full research papers available on website.

Available from select retailers, health food stores or order online at

**Herman
DIRECT**

www.hermanbrot.com.au *Your recipe for life®*

ASK YOUR TerryWhite Chemmart. pharmacist



Is it really that important to take my pain medication exactly as it's prescribed?

Yes. When selecting a pain reliever, your GP or pharmacist will always consider whether it's the safest and best choice for you, and whether it'll work well for the type of pain you're experiencing.

However, ensuring you benefit as much as possible from that careful consideration relies on taking your pain medication according to the directions, regardless of whether it's medication that's available for purchase over the counter or on a prescription-only basis. This will ensure you get the most out of your pain relievers.

Your TerryWhite Chemmart pharmacist will always provide you with specific advice and instructions, but if you

don't understand it or are confused about anything, ask them to run through it again.

One thing to be particularly mindful of is taking your pain medication at the appropriate time, and the TerryWhite Chemmart Health App can help. As well as sending reminders when your scripts are running low and allowing you to order your prescriptions via the app to skip the queues in-store, you can also set yourself alerts to remind you to take your pain medication when its due.



Take your pain medication according to the directions



TerryWhite Chemmart pharmacist Chris Campbell answers some questions about pain management and medications



My pain medication doesn't seem to be working properly. What am I doing wrong?

While different pain relievers are effective at helping to treat mild, moderate or severe pain, a common misconception is that they're able to take away 100 per cent of your pain.

It's important to treat any chronic pain with other methods at the same time as taking medication.

The best way to check how well a pain reliever is working is to score your pain on a scale of 0-10 before taking your medication, and then assessing it again a couple of hours later. This will give you an indication of how well your pain reliever is, or isn't, working.

If your pain medication

isn't working effectively, speak to your local TerryWhite Chemmart pharmacist for their advice. You can also ask them if you're eligible for a free Pain MedsCheck, during which your medications will be reviewed to identify any medication-related problems and improve how effectively they're relieving your pain.



Apart from pain medication, what else can I do to help manage or alleviate chronic pain?

Many factors can contribute to the 'pain experience', such as stress, your environment or an injury. A multimodal approach to pain means addressing these factors, and this involves seeing a range of professionals who specialise in different aspects of pain care.

For example, a psychologist can help support the way we think about pain, a pharmacist will assist with pain relief medications, and a physiotherapist can help plan an exercise program. Together, these methods can improve pain more efficiently and effectively than any one of them used on its own. As a first step, check out TerryWhite Chemmart's Pain Information Hub

(terrywhitechemmart.com.au/pain). You'll find information and resources from our pharmacists and allied health professionals, to help you understand your pain and the treatment options available. ■

NUTRITION INFO

PER SERVE 1990kJ,
protein 40g, total
fat 21g (sat. fat 6g),
carbs 26g, fibre 8g,
sodium 731mg

- Carb exchanges 1½
- GI estimate low
- Lower carb

LC

MONDAY

TURKEY PATTIES WITH GREEK SALAD

You don't need bread
for a good burger.
see recipe, page 23 >>

5 days 5 dinners

Tuck into these lower-carb dinners every night
of the week – with ideas for the leftovers too!

GFO LC

TUESDAY

SOY ROASTED ASIAN GREENS AND SALMON

Add vibrant new flavour
to your favourite fish.
see recipe, page 23 >>

How our
food works
for you
see page 86

NUTRITION INFO

PER SERVE 2080kJ, protein 46g,
total fat 21g (sat. fat 6g), carbs 25g,
fibre 14g, sodium 620mg • Carb
exchanges 1½ • GI estimate low
• Gluten-free option • Lower carb

mains

Health Tip

Cauliflower is a good source of folate, which is needed in red blood cell formation to enable transportation of oxygen around the body.

On a chilly night, warm up the family with a hearty serve of soup

GFO LC

WEDNESDAY

CAULIFLOWER, LEEK AND CHEDDAR SOUP

Spuds and other vegies make this a filling, flavoursome dish.
see recipe, page 24 >>

NUTRITION INFO

PER SERVE 1520kJ, protein 20g, total fat 16g (sat. fat 7g), carbs 29g, fibre 9g, sodium 626mg • Carb exchanges 2 • GI estimate low
• Gluten-free option • Lower carb

NUTRITION INFO

PER SERVE 2050kJ, protein 47g, total fat 22g (sat. fat 6g), carbs 21g, fibre 10g, sodium 243mg • Carb exchanges 1½ • GI estimate low • Gluten-free option • Lower carb

GFO LC

THURSDAY

**ROASTED
CAULIFLOWER,
PUMPKIN &
LAMB SALAD**

Most of your essential foods
are covered in this meal
see recipe, page 24 >>

MASSAMAN BEEF CURRY

PREP TIME: 10 MINS

COOK TIME: 55-60 MINS

SERVES 2 (AS A MAIN)

1 Tbsp massaman curry paste
or gluten-free curry paste
1 tsp garam masala
300g blade steak, trimmed of
fat, cut into chunks
150ml water
100ml light coconut milk
1 brown onion, cut into thin
wedges
350g Spud Lite potatoes,
unpeeled, chopped

8 cherry tomatoes, halved
200g green beans, trimmed,
steamed, to serve
Flat-leaf parsley leaves, to serve

1 Heat a medium non-stick
saucepan over medium-high
heat. Add the paste, garam
masala and beef. Cook, stirring
often, for 2 minutes or until the
beef changes colour. Add the
water, coconut milk and onion.
Cover and bring to a simmer over
medium-high heat. Reduce heat
to medium-low and simmer,
covered, for 20 minutes.

2 Add the potato and tomato
to the curry. Simmer, uncovered,
over medium heat for 25-30
minutes or until the meat is
tender and the potato breaks
down a little to thicken the sauce.
3 Divide the curry between
shallow serving bowls. Serve
with green beans and sprinkle
curry with parsley.

HEALTH TIP

By using light coconut milk in
place of regular coconut milk, the
saturated fat content of this dish is
reduced by 30 per cent.

GFO LC

FRIDAY

NUTRITION INFO

PER SERVE 1710kJ,
protein 40g, total fat 13g
(sat. fat 6g), carbs 26g,
fibre 11g, sodium 237mg
• Carb exchanges 1½
• GI estimate medium
• Gluten-free option
• Lower carb



Turkey patties with Greek salad

TURKEY PATTIES WITH GREEK SALAD

PREP TIME: 15 MINS

COOK TIME: 10 MINS

SERVES 2 (AS A MAIN)

Turkey patties

50g wholemeal sourdough bread, processed into crumbs
1 Tbsp light milk
250g turkey breast mince
60g egg, lightly whisked
¼ tsp smoked paprika
1 tsp olive oil
1½ Tbsp bought tomato chutney, to serve

Greek salad

80g baby spinach leaves
250g vine-ripened tomatoes, cut into wedges or roughly chopped
6 Kalamata olives, halved
30g reduced-fat feta, chopped
¼ red onion, cut into very thin slivers
2 Lebanese cucumbers, chopped
Pinch dried mixed herbs

1 To make the turkey patties, combine breadcrumbs and milk in a bowl. Mix well. Add turkey mince, egg and paprika. Mix until well combined. Shape into 6 small patties. Heat oil in a large non-stick frying pan over medium heat. Add patties and cook for 3 minutes each side or until cooked.



Soy roasted Asian greens and salmon

2 Meanwhile, to make the Greek salad, combine all the ingredients in a bowl.

3 Serve turkey burgers with the tomato chutney and Greek salad.

SOY ROASTED ASIAN GREENS AND SALMON

PREP TIME: 10 MINS

COOK TIME: 15 MINS

SERVES 2 (AS A MAIN)

2cm piece ginger, finely grated
1 Tbsp salt-reduced soy sauce or gluten-free soy sauce
3 tsp honey
1 clove garlic, crushed
Zest of ½ an orange and juice of 1 orange
1 bunch large bok choy or choy sum, stalks chopped, leaves cut into pieces
100g pkt fresh shiitake mushrooms, quartered or sliced
1 red capsicum, cut into short strips
2 x 150g pieces boneless and skinless salmon fillets

1-2 green shallots, trimmed, diagonally sliced
2 tsp sesame seeds, toasted

1 Preheat oven to 200°C (fan-forced). Line two ovenproof dishes with baking paper. Combine the ginger, soy sauce, honey, garlic, orange zest and juice in a small bowl.

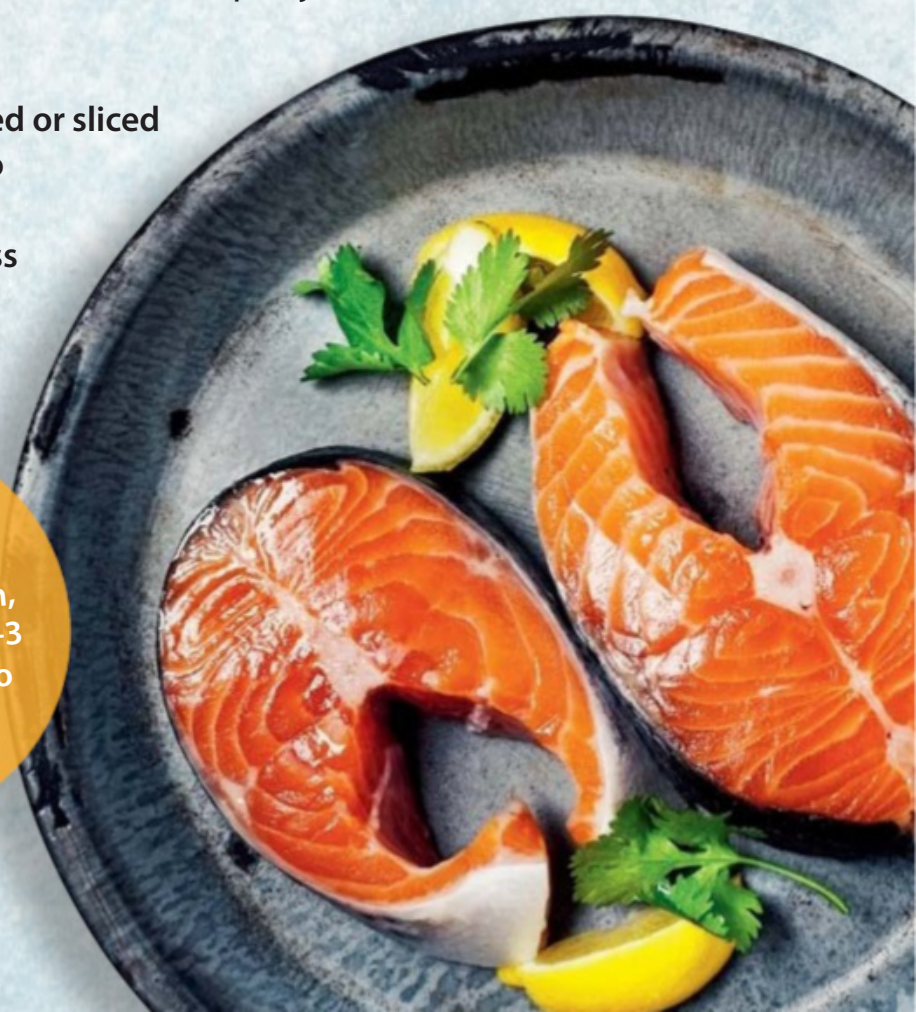
2 Place the bok choy stems, mushrooms and capsicum in one ovenproof dish. Place the salmon in the second dish. Spoon 3 Tbsp of marinade over the vegetables and 3 Tbsp over the salmon. Cover both dishes with foil.

3 Bake vegetables for 5 minutes. Add the salmon to the oven and cook for a further 5 minutes. Add the bok choy leaves to the dish with the vegetables and spoon the remaining sauce over. Cover and bake the vegetables and salmon for a further 5 minutes. Remove the salmon from the oven (check it is cooked to your liking) and continue to bake the vegetables for a further 3 minutes or until tender crisp.

4 Sprinkle the vegetables and salmon with shallots and sesame seeds. Drizzle with any pan juices. Serve. ➤

Health Tip

Aim to eat oily fish, such as salmon, 2-3 times per week to promote heart health.





Cauliflower, leek and cheddar soup

CAULIFLOWER, LEEK AND CHEDDAR SOUP

PREP TIME: 15 MINS

COOK TIME: 35 MINS

SERVES 2 (AS A MAIN;
WITH LEFTOVERS FOR 1)

- 1 Tbsp olive oil
- 1 leek, chopped
- 1 clove garlic, crushed
- ¼ small cauliflower, cut into small florets
- 1 large carrot, chopped
- 1 celery stick, chopped
- 300g Spud Lite potatoes, chopped
- 2 tsp Dijon mustard or gluten-free mustard
- Few sprigs lemon thyme, plus extra sprigs, to serve (optional)
- 250ml (1 cup) salt-reduced vegetable stock or gluten-free stock
- 250ml (1 cup) water
- 500ml (2 cups) light milk
- 80g (⅔ cup) reduced-fat grated cheese
- Freshly ground black pepper
- 1 x 30g slice wholemeal sourdough or gluten-free bread, toasted, per person, to serve

1 Heat the oil in a large saucepan over medium heat. Add the leek and stir well. Reduce heat to medium-low and cook, stirring occasionally, for 8-10 minutes or until leek is very soft. Add garlic and cook, stirring, for 1 minute.

2 Add the cauliflower, carrot,



Roasted cauliflower, pumpkin & lamb salad

celery, potato, mustard, thyme, stock, water and 250ml (1 cup) of the milk. Cover and bring to a simmer over high heat. Reduce heat to medium-low and cook, partially covered, for 20 minutes or until the vegetables are very tender. Set aside to cool for 5 minutes.

3 Transfer the soup to a food processor or blender, discarding any thyme stalks. Cover and process until smooth.

Return soup to pan and stir in the remaining 250ml (1 cup) milk. Cook, stirring, over medium heat until the soup is warmed through. Add the cheese and cook, stirring, until it melts.

4 Divide soup between serving bowls (reserving one serve for another day). Sprinkle with pepper and extra thyme, if you like. Serve with bread.

ROASTED CAULIFLOWER, PUMPKIN & LAMB SALAD

PREP TIME: 15 MINS

COOK TIME: 25 MINS

SERVES 2 (AS A MAIN)

- 1 tsp fennel seeds
- 1 tsp smoked paprika
- 500g piece pumpkin, peeled and seeds removed, chopped
- ¼ small cauliflower, chopped

- 2 (120g each) lamb leg steaks, trimmed of fat
- 1 Tbsp pumpkin seeds
- 60g baby spinach leaves
- 100g low-fat ricotta, crumbled

Dressing

- 2 Tbsp fresh orange juice
- 2 tsp olive oil
- 1 tsp Dijon mustard or gluten-free mustard
- ½ tsp smoked paprika
- 1 clove garlic, crushed

1 Preheat oven to 200°C (fan-forced). Line a roasting pan with baking paper. Put fennel seeds in a mortar and pound until finely crushed (or place in plastic bag and bash with rolling pin). Stir in paprika. Put the pumpkin and cauliflower in the pan. Spray with cooking spray and sprinkle with the spice mix. Toss to coat. Roast for 20-25 minutes or until the vegetables are tender. Set aside.

2 Meanwhile, to make the dressing, whisk all the ingredients in a small bowl. Preheat a chargrill on medium-high. Spray lamb with cooking spray and add to chargrill. Cook for 2 minutes each side. Transfer to a plate, cover loosely with foil and set aside to rest.

3 Transfer the roast vegetables to a large bowl. Add the pumpkin seeds and spinach. Toss to combine. Add the dressing and toss to combine. Divide between serving plates. Slice the lamb and place on top of the salad. Sprinkle over the ricotta and serve.

Health Tip
This delicious salad will knock off four of your five recommended serves of vegetables for the day!



YOUR shopping list

GROCERIES

- ☐ 250g pkt pumpkin seeds
- ☐ 1L carton salt-reduced vegetable stock
- ☐ 195g jar massaman curry paste
- ☐ 270ml can light coconut milk
- ☐ 275g jar tomato chutney
- ☐ 300g jar Kalamata olives

FRUIT AND VEGETABLES

- ☐ 500g piece pumpkin
- ☐ 1 brown onion/1 red onion
- ☐ ½ small cauliflower
- ☐ 1 leek
- ☐ 1 large carrot
- ☐ ½ bunch celery
- ☐ 1 bunch large bok choy or choy sum
- ☐ 100g pkt fresh shiitake mushrooms
- ☐ 1 red capsicum
- ☐ 2 Lebanese cucumbers
- ☐ 250g punnet cherry tomatoes
- ☐ 250g vine-ripened tomatoes
- ☐ 1.5kg bag Spud Lite potatoes
- ☐ 200g green beans
- ☐ 140g baby spinach leaves
- ☐ ½ bunch green shallots
- ☐ 1 bunch lemon thyme
- ☐ 1 bunch flat-leaf parsley
- ☐ 1 piece ginger
- ☐ 2 oranges

MEAT & CHICKEN

- ☐ 2 x 120g each lamb leg steaks
- ☐ 250g turkey breast mince
- ☐ 300g blade steak

SEAFOOD

- ☐ 2 x 150g pieces skinless and boneless salmon fillets

CHILLED

- ☐ 100g low-fat ricotta (from the deli)
- ☐ 200g pkt reduced-fat feta

BAKERY

- ☐ 1 loaf wholemeal sourdough

HOME

- ☐ Fennel seeds
- ☐ Smoked paprika
- ☐ Dried mixed herbs
- ☐ Garam masala
- ☐ Sesame seeds
- ☐ Freshly ground black pepper
- ☐ Olive oil cooking spray
- ☐ Olive oil
- ☐ Salt-reduced soy sauce
- ☐ Honey
- ☐ Dijon mustard
- ☐ 3 cloves garlic
- ☐ Light milk
- ☐ Reduced-fat grated cheese
- ☐ Light margarine
- ☐ 1 x 60g egg

LEFTOVERS GROCERIES

Bread: Use for sandwiches, to make breadcrumbs or toast, cut into cubes and use in salads.

Coconut milk: Use in sauces, desserts or smoothies.

Curry paste: Combine paste with some lemon juice and low-fat yoghurt for a quick and easy marinade for fish, chicken or lamb.

Feta: Sprinkle in salads, over pasta dishes or use in a spinach and feta pie using filo pastry.

Olives: Use in salads, pasta sauces, as a snack or finely chopped and thrown on top of a pizza.

Pumpkin seeds: Sprinkle over fruit salad for a little bit of extra crunch, or use in salads.

Stock: Use in soups or sauces.

You can freeze extra for later use.

Tomato chutney: Serve as an accompaniment to chargrilled meats or chicken.

FRUIT AND VEGETABLES

Celery: Use in soups, casseroles or for a snack in between meals.

Cherry tomatoes: Delicious chopped and thrown onto a pizza in the last few minutes of cooking, or used in a salsa or pasta sauce.

Orange: Juice for a brekkie drink.

Parsley: Finely chop parsley and combine with grated garlic, lemon zest, drizzled olive oil and freshly ground black pepper. Toss through steamed potatoes or serve over chargrilled steak, lamb or chicken.

Potatoes: Roast, with crushed garlic and pepper. Serve with grilled protein and steamed veges.

Red onion: Throw in leftover onion with your next roast dinner or use in a casserole or on a pizza topping.

Shallots: Use in stir-fries, sauces, pasta dishes and in salads.

Thyme: Sprinkle over pizzas, use in casseroles or toss through your veges with olive oil and crushed garlic before roasting. ■

How our food works for you

see page 86

NUTRITION INFO

PER SERVE 1610kJ, protein 39g, total fat 15g (sat. fat 7g), carbs 18g, fibre 11g, sodium 710mg

- Carb exchanges 1
- GI estimate low
- Gluten-free option
- Lower carb

GFO LC

INDIAN-STYLE FISH CURRY

An all-time fave with lots of flavour and punch, this curry will surely warm your heart.

see recipe, page 32 >>



single serves

Cooking FOR ONE

Make mealtimes simple with these
perfectly proportioned delights



NUTRITION INFO

PER SERVE 1640kJ, protein 15g,
total fat 23g (sat. fat 7g), carbs 26g,
fibre 9g, sodium 300mg • Carb
exchanges 1½ • GI estimate low
• Gluten free • Lower carb

GF LC

ROASTED WINTER VEGIE SALAD

Don't banish salads to spring
and summer; roast them up
to enjoy all year round.

see recipe, page 32 >>

single serves

NUTRITION INFO

PER SERVE 1940kJ, protein 41g,
total fat 18g (sat. fat 7g), carbs
27g, fibre 12g, sodium 389mg

- Carb exchanges 2
- GI estimate medium
- Lower carb

LC

**CHICKEN WITH CREAMY
CRANBERRY SAUCE AND
ROASTED VEGIES**

Packed with lots of protein,
this dish is perfect for a
sit-down Sunday roast.

see recipe, page 33 >>



*Make your meal
look like a work
of art by adding
ribboned vegies*

GF LC

**STEAK WITH
SALSA VERDE
AND PEA MASH**
Satisfy your steak and
mash cravings by
making this hearty
version with a twist.
see recipe, page 33 >>

**AVOCADO
VEGIE BURGER**

caption 4 omno omno
ommo osdfmmo omno
see recipe, page xx >>

NUTRITION INFO

PER SERVE 1850kJ, protein
38g, total fat 18g (sat. fat 4g),
carbs 26g, fibre 10g, sodium
511mg • Carb exchanges 1½
• GI estimate medium
• Gluten free • Lower carb

INDIAN-STYLE FISH CURRY

PREP TIME: 10 MINS

COOK TIME: 30 MINS

SERVES 1 (AS A MAIN)

½ tsp olive oil

½ brown onion, cut into thin wedges

3 tsp Madras curry paste
or gluten-free curry paste

2 tomatoes, chopped

80ml (⅓ cup) light coconut milk

2 Tbsp water

150g firm white boneless fish
fillets, cut into 3cm pieces

100g green beans, trimmed,
diagonally sliced

1 small zucchini, chopped

Coriander leaves, to serve

1 Heat the oil in a medium saucepan over medium heat. Add the onion and stir well. Reduce heat to medium-low and cook, stirring occasionally, for 8-10 minutes or until the onion is very soft. Add the curry paste and cook, stirring, for 1 minute. Add the tomatoes, coconut milk and water. Cover and simmer for 10 minutes.

2 Add the fish, beans and zucchini to the curry sauce. Cover and cook for a



Indian-style fish curry

further 7-8 minutes or until the fish is just cooked.

3 Top fish curry with coriander and serve.

ROASTED WINTER VEGIE SALAD

PREP TIME: 10 MINS

COOK TIME: 25 MINS

SERVES 1 (AS A MAIN)

1 parsnip, chopped

100g pumpkin, peeled, deseeded
and chopped

2 tsp olive oil

2 small (40g each) baby beets,
trimmed, scrubbed, cut into
thin wedges

1 clove garlic, crushed

2 tsp pumpkin seeds

20g reduced-fat feta, crumbled

Freshly ground black pepper

Mint leaves, optional, to serve



Roasted winter vegie salad

Dressing

2 Tbsp Greek-style natural
yoghurt

1 Tbsp fresh orange juice

1 tsp tahini

1 Preheat oven to 200°C (fan-forced). Line a small roasting pan with baking paper. Toss the parsnip, pumpkin and half the oil in a bowl. Add to the roasting pan. Toss the beets with the remaining oil and garlic. Add to the pan. Roast for 20-25 minutes or until the vegetables are soft.

2 Put the roasted vegetables in a shallow bowl or plate. Combine all dressing ingredients and drizzle over vegies. Top with the pumpkin seeds and feta. Sprinkle with pepper and mint leaves, if using, and serve.

*Serve up
a treat with
these quick
one-person
dinners*



Chicken with creamy cranberry sauce and roasted vegies

CHICKEN WITH CREAMY CRANBERRY SAUCE AND ROASTED VEGIES

PREP TIME: 10 MINS

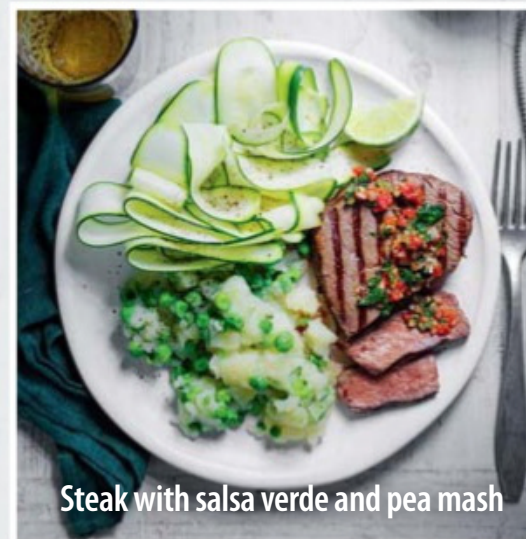
COOK TIME: 20 MINS

SERVES 1 (AS A MAIN)

- 100g baby (slender) eggplant, chopped
- 1 tsp finely chopped rosemary
- 1 small bunch or ½ large bunch baby (Dutch) carrots, scrubbed
- 1 tsp honey
- 150g skinless chicken breast fillet, trimmed of fat
- 2 Tbsp light cream
- 2 Tbsp salt-reduced chicken stock
- 2 tsp cranberry sauce
- 1 tsp Dijon mustard
- 2 tsp dukkah
- ½ bunch broccolini, steamed, to serve

1 Preheat oven to 200°C (fan-forced). Line a roasting pan with baking paper. Place the eggplant in the roasting pan and spray with oil. Add the rosemary and toss to coat. Toss the carrots with half of the honey and spray with cooking spray. Add to the roasting pan with the eggplant. Roast for 20 minutes or until the vegetables are tender.

3 Meanwhile, spray a small non-stick frying pan with cooking spray and heat over medium-high heat. Add the chicken to the pan and reduce



Steak with salsa verde and pea mash

heat to medium. Cook for 3-4 minutes each side or until cooked through. Transfer to a plate, cover loosely with foil and set aside. Add the cream, stock, cranberry sauce and mustard to the pan. Cook, stirring, until the sauce comes to a simmer. Simmer for 3-4 minutes or until the mixture reduces and thickens to a nice sauce consistency.

4 Drizzle the carrots with the remaining honey and toss in the dukkah. Place the dukkah carrots, rosemary eggplant, chicken and broccolini on a serving plate. Spoon the sauce over the chicken and serve.

STEAK WITH SALSA VERDE AND PEA MASH

PREP TIME: 10 MINS

COOK TIME: 20 MINS

SERVES 1 (AS A MAIN)

- 150g Spud Lite potatoes, chopped
- 50g (⅓ cup) frozen peas
- 150g fillet or rump steak, trimmed of fat
- Freshly ground black pepper
- 1 zucchini, thickly peeled into ribbons using a vegetable peeler, steamed, to serve

Salsa verde

- ½ cup flat-leaf parsley leaves
- 1 Tbsp drained capers in vinegar
- 30g drained roasted red capsicum strips
- 1 clove garlic, crushed
- 1 tsp extra virgin olive oil
- Finely grated zest and juice of ½ lime

1 Put the potatoes in a small saucepan and cover with cold water. Cover and bring to the boil over high heat. Reduce heat to medium and simmer, partially covered, for 10 minutes. Add the peas to the pan and continue to cook for a further 5 minutes or until the potato is tender. Drain and return to the pan.

2 Meanwhile, to make the salsa verde, put the parsley, capers, capsicum strips and garlic on a board. Use a sharp knife to finely chop. Transfer to a bowl and stir in the olive oil and lime zest. **3 Preheat a chargrill pan** on medium-high. Spray the steak with cooking spray and season with pepper. Add to the pan and cook for 1½-2 minutes each side for medium or until cooked to your liking.

4 Mash the potato and peas until roughly mashed. Place on a serving plate with the steak and zucchini ribbons. Stir the lime juice into the salsa verde and spoon over the steak.

Serve. ■

Health Tip
Steak is an excellent source of iron, which is an essential component in red blood cell production.



Main attraction

**These lower-carb mains
are full of flavour plus
plenty of good-for-you
protein and vegies**

NUTRITION INFO

PER SERVE 1920kJ,
protein 61g, total
fat 17g (sat. fat 5g),
carbs 10g, fibre 8g,
sodium 271mg

- Carb exchanges $\frac{1}{2}$
- GI estimate low
- Gluten free
- Lower carb

GF LC

TANDOORI CHICKEN

Spice up dinner
with this zesty
dipping dish.

see recipe, page 38 >>

How our
food works
for you

see page 86

NUTRITION INFO

PER SERVE 1230kJ,
protein 15g, total
fat 11g (sat. fat 2g),
carbs 27g, fibre 13g,
sodium 106mg
• Carb exchanges 2
• GI estimate low
• Gluten free
• Lower carb

GF LC

**VEGIE MEATBALLS
WITH TOMATO
COURGETTI**

Boost your daily fibre
requirements by more
than 40 per cent.

see recipe, page 39 >>



NUTRITION INFO **GFO** **LC**
 PER SERVE 1550kJ,
 protein 35g, total
 fat 13g (sat. fat 2g),
 carbs 22g, fibre 15g,
 sodium 800mg
 • Carb exchanges 1½
 • GI estimate low
 • Gluten-free option
 • Lower carb

SIMPLE SEAFOOD STEW

PREP TIME: 10 MINS

COOK TIME: 25 MINS

SERVES 2 (AS A MAIN)

1 Tbsp olive oil
 1 tsp fennel seeds
 2 carrots, finely chopped
 2 sticks celery, finely chopped
 2 cloves garlic, finely chopped
 2 leeks, thinly sliced
 400g can no-added-salt
 chopped tomatoes
 375ml (1½ cups) salt-reduced or

gluten-free chicken stock
 125ml (½ cup) water
 Freshly ground black pepper
 200g firm skinless and boneless
 fish fillets, cut into small pieces
 150g small green prawns, peeled
 and deveined

1 Heat the oil in a large non-stick frying pan over medium heat. Add the fennel seeds, carrot, celery and garlic. Cook, stirring occasionally, for 5 minutes or until the vegetables start to soften.

2 Add the leeks, tomatoes, stock and water to the pan. Season with pepper and bring to the boil. Cover and reduce heat to medium-low. Simmer for 15-20 minutes or until the vegetables are tender and the sauce thickens and reduces slightly.

3 Add the fish and prawns to the pan. Cook for another 2-3 minutes or until seafood is just cooked. Ladle the stew into bowls and serve. ➤

NUTRITION INFO

PER SERVE 1170kJ,
protein 30g, total fat 7g
(sat. fat 1g), carbs 21g,
fibre 8g, sodium 755mg

- Carb exchanges 1½
- GI estimate low
- Lower carb

LC

PORK AND PRAWN NOODLES

Crunchy vegies with
tasty noodles – this Asian
meal is always a winner.

see recipe, page 39 >>

*Boost your
vegetable intake
with these
simple meals*

mains

BALSAMIC ROASTED SAUSAGES WITH RED VEG

PREP TIME: 5 MINS

COOK TIME: 30 MINS

SERVES 4 (AS A MAIN)

3 red onions, cut into wedges
3 red capsicums, deseeded, cut into quarters
2 Tbsp balsamic vinegar
1 Tbsp olive oil
Freshly ground black pepper
12 Peppercorn Chipolata Sausages

250g punnet cherry tomatoes
Few sprigs thyme
1 Tbsp honey

1 Preheat oven to 180°C (fan-forced). Line a roasting pan with baking paper.

2 Add the onion and capsicum to the roasting pan. Drizzle the vinegar and oil over the vegetables and season with pepper. Roast for 10 minutes.

3 Nestle the sausages, tomatoes and thyme in and around the vegetables. Drizzle over the honey and cook for 20 minutes,

turning sausages halfway, until they are cooked and everything is golden and sticky. Serve.

HEALTH TIP

The recipe is rich in lycopene and vitamin C – both powerful antioxidants that act to protect your body cells from damage.

NUTRITION INFO **GF** **LC**

PER SERVE 1240kJ, protein 17g, total fat 12g (sat. fat 3g), carbs 26g, fibre 10g, sodium 403mg

- Carb exchanges 1½
- GI estimate low
- Gluten free • Lower carb



MISO STEAK

PREP TIME: 20 MINS

(+ 2 HOURS MARINATING)

COOK TIME: 10 MINS

SERVES 2 (AS A MAIN)

1½ Tbsp brown miso paste
or gluten-free miso paste
1 Tbsp dry Sherry or sake
1 Tbsp caster sugar
2 crushed cloves garlic
Freshly ground black pepper
300g lean beef rump steak,
trimmed of fat

Spinach and radish salad

3 cups baby spinach leaves
1 large cucumber, sliced
4 stalks celery, sliced
8 radishes, sliced
1 Tbsp sesame seeds, toasted

1 Put the miso paste, Sherry, sugar and garlic into a resealable plastic bag. Season with black pepper. Mix until combined. Add the steak and gently massage the marinade into the steak until coated. Seal the bag. Place in the fridge for at least 2 hours (or up to 2 days) to marinate.

2 Heat a medium heavy-based frying pan over medium-high heat. Spray steak with cooking spray. Add to pan and cook for 1½-2 minutes each side. Transfer to a plate and set aside for 1 minute to rest.

3 Meanwhile, to make spinach and radish salad, combine all the ingredients in a bowl. Toss.

4 Cut the steak into thick slices and serve with the spinach and radish salad.

COOK'S TIP

Resting steak is important – it allows fibres in the meat to reabsorb the free-running juices for a moist and tender finish. ➤



Health Tip

Steak is packed with iron, which is essential for the manufacture of red blood cells and to prevent anaemia.

NUTRITION INFO **GFO** **LC**

PER SERVE 1360kJ,
protein 37g, total fat 9g
(sat. fat 2g), carbs 17g,
fibre 7g, sodium 869mg
• Carb exchanges 1
• GI estimate low
• Gluten-free option
• Lower carb

*Miso is a
food hero
– it's high
in protein,
vitamins
and also
minerals*

mains

KOREAN SESAME PORK STIR-FRY

PREP TIME: 15 MINS

COOK TIME: 15 MINS

SERVES 3 (AS A MAIN)

- 25g sesame seeds
- 1 Tbsp salt-reduced or gluten-free soy sauce
- 1 Tbsp mirin
- 2 Tbsp hot chilli sauce
- 3cm piece ginger, finely grated
- 2 Tbsp sesame oil
- 500g pork loin or leg steaks, trimmed of fat, cut into thin strips
- 2 red capsicums, deseeded, thinly sliced
- 8 green shallots, cut into long pieces

1 Combine the sesame seeds, soy sauce, mirin, chilli sauce, ginger and 1 Tbsp of the oil in a shallow dish. Add the pork and turn to coat well.

2 Heat half the remaining oil in a large non-stick wok or frying pan over high heat. Add the pork and stir-fry for 3-4 minutes or until cooked through. Remove from the wok. Add the remaining oil to the wok and heat over medium-high heat. Add the capsicum and shallot and cook for 3-4 minutes or until the vegetables are tender.

3 Return the pork to the wok and toss to combine. Serve.

NUTRITION INFO **GFO** **LC**

PER SERVE 1850kJ, protein 46g, total fat 20g (sat. fat 3g), carbs 15g, fibre 5g, sodium 574mg • Carb exchanges 1
• GI estimate low
• Gluten-free option
• Lower carb



Tandoori chicken

TANDOORI CHICKEN

PREP TIME: 30 MINS (+ 1 HOUR MARINATING)

COOK TIME: 15 MINS

SERVES 8 (AS A MAIN)

- Juice of 2 lemons
- 1 Tbsp ground paprika
- 2 red onions, finely chopped
- 16 skinless chicken thigh fillets, trimmed of fat
- 300g low-fat, Greek-style natural yoghurt
- 5cm piece ginger, grated
- 4 cloves garlic, crushed
- $\frac{3}{4}$ tsp garam masala
- $\frac{3}{4}$ tsp ground cumin
- $\frac{3}{4}$ tsp chilli powder
- $\frac{1}{4}$ tsp turmeric
- 3 cups cauliflower florets, steamed, to serve
- 3 cups broccoli florets, steamed, to serve
- 3 large carrots, sliced, steamed, to serve

1 Combine the lemon juice, paprika and red onion in a large shallow dish. Slash each chicken thigh three times, then turn them in the mixture and set aside.

2 Whisk the yoghurt, ginger, garlic, garam masala, cumin, chilli powder and turmeric in a bowl. Pour over chicken and turn to coat chicken in marinade. Cover and put in fridge for at least 1 hour (or up to 24 hours) to marinate.

3 Preheat a grill on medium. Line





Veggie meatballs with tomato courgetti

a baking tray with baking paper and place a wire rack over the tray. Lift chicken pieces onto rack. Spray chicken with cooking spray. Cook under preheated grill for 8 minutes on each side or until lightly charred and cooked through.

4 Serve the chicken with the steamed vegetables.

HEALTH TIP

The protein found in lean white meat helps maintain strong muscles and an efficient immune system.

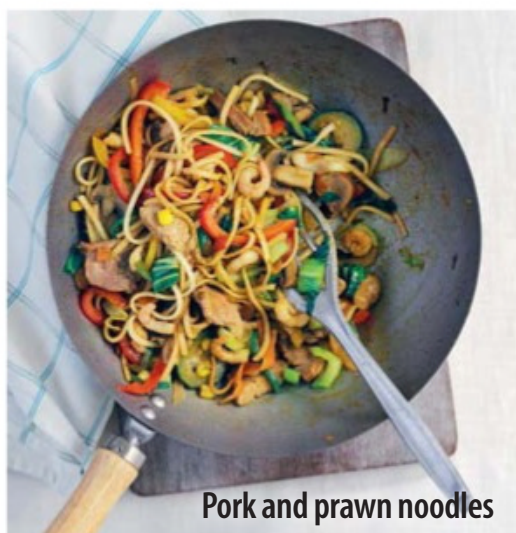
VEGIE MEATBALLS WITH TOMATO COURGETTI

PREP TIME: 15 MINS
COOK TIME: 25 MINS
SERVES 2 (AS A MAIN)

3 cloves garlic
2 tsp olive oil
1 small brown onion, finely chopped
2 tsp balsamic vinegar
½ x 400g can no-added-salt red kidney beans, rinsed and drained
1 Tbsp beaten egg
1 tsp no-added-salt tomato puree
1 tsp Mexican chilli powder
½ tsp ground coriander
3 tsp almond meal
40g cooked corn kernels
2 tsp chopped thyme leaves

Tomato courgetti

3 tomatoes, chopped
1 tsp no-added-salt tomato puree



Pork and prawn noodles

1 tsp balsamic vinegar
3 Tbsp water
2 zucchinis, cut into noodles with a spiraliser or by hand

1 Finely chop garlic. Heat oil in a large non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 7-8 minutes or until the onion softens. Stir in the vinegar and cook, stirring, for 2 minutes.

2 Preheat oven to 200°C (fan-forced). Line a baking tray with baking paper. Put beans in a bowl with egg, tomato puree, chilli powder and coriander. Mash until smooth. Stir in the almond meal, corn, thyme, balsamic onions and a third of the chopped garlic. Mix well and shape into about 8 balls the size of a walnut. Place on the lined tray and bake for 15 minutes or until firm.

3 Meanwhile, to make the tomato courgetti, put the chopped tomatoes, tomato puree and balsamic vinegar in a medium non-stick frying pan. Add the water and cook for 4-5 minutes or until pulpy. Stir in the remaining chopped garlic and zucchini. Remove the pan from the heat.

4 Divide the tomato courgetti between serving plates. Top with the warm veggie meatballs.

PORK AND PRAWN NOODLES

PREP TIME: 15 MINS
(+ 15 MINS MARINATING)
COOK TIME: 25 MINS
SERVES 4 (AS A MAIN)

3 Tbsp teriyaki sauce
½ tsp Chinese five-spice powder
2 tsp Madras curry powder
300g pork fillet, trimmed of any fat
140g fresh egg noodles
1 Tbsp olive oil
700g mixed stir-fry vegetables
100g peeled, cooked small prawns

1 Combine the teriyaki sauce, five-spice powder and curry powder in a small bowl. Add half the marinade to the pork, turning to coat. Set aside for 15 minutes to marinate.

2 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Remove pork from the marinade and put on lined tray.

Bake for 15 minutes or until the pork is just cooked.

Transfer to a plate, cover loosely with foil and set aside.

3 Meanwhile, cook the noodles following pack instructions, but reduce cooking time

by 1 minute. Refresh in cold water and drain very well.

4 Heat a large non-stick frying pan or wok over medium-high heat. Add the oil and heat until it starts to smoke. Add the vegies and stir-fry for 3-4 minutes or until tender crisp.

5 Cut the pork in half lengthways, then thinly slice. Add the pork to the pan with the prawns, noodles and remaining marinade. Stir-fry for 2-3 minutes or until heated through. Serve. ■

Health Tip
Take care not to overcook the noodles as this may increase the glycemic index (GI) of the meal.

light meals

How our
food works
for you

see page 86

PER SERVE 1180kJ,
protein 26g, total
fat 7g (sat. fat 2g),
carbs 26g, fibre 6g,
sodium 713mg

- Carb exchanges 1½
- GI estimate low
- Gluten-free option
- Lower carb



GFO LC

BEEF PHO

For a healthy, warming
dish, it's hard to go past
a tasty, spicy pho.
see recipe, page 63 >>



Souped up

When you're looking for an easy-to-eat meal that's hot and hearty, you'll want to add these slurpable soups to the menu

GFO **LC**

SWEET CORN AND CHICKEN SOUP

There's a good reason this is the grandmothers' cure for what ails you.

see recipe, page 63 >>

NUTRITION INFO

PER SERVE 1130kJ, protein 21g, total fat 7g (sat. fat 1g), carbs 27g, fibre 10g, sodium 274mg • Carb exchanges 2 • GI estimate low • Gluten-free option • Lower carb

light meals

CREAMY CHICKPEA AND PUMPKIN SOUP

PREP TIME: 20 MINS

(+ OVERNIGHT SOAKING)

COOK TIME: 1 HOUR

SERVES 6 (AS A LIGHT MEAL)

70g (⅓ cup) dried chickpeas

1 tsp olive oil

1 large brown onion,
finely chopped

2 cloves garlic, crushed

1kg pumpkin, peeled, deseeded,
cut into 1cm pieces

1L (4 cups) water

250ml (1 cup) salt-reduced or
gluten-free vegetable stock

65g (⅓ cup) SunRice Doongara

Low GI White Rice

375ml (1½ cups) light milk

Sprigs coriander, to serve

Freshly ground black pepper

1 Put chickpeas in medium bowl and cover with plenty of cold water. Set aside overnight to soak.

2 Drain the chickpeas, then set aside. Heat oil in a large saucepan on medium. Add the onion. Cook, stirring occasionally, for 6-7 minutes or until onion softens slightly. Add the garlic and cook, stirring, for 1 minute.

3 Add the chickpeas, pumpkin, water and stock to the pan. Cover and bring to a simmer. Reduce heat to medium-low. Simmer, covered, stirring

occasionally, for 30 minutes.

Add rice, and cook, partially covered, for 15 minutes or until the rice is tender.

4 Add the milk to the pan and cook, stirring, for 3-4 minutes, over low heat, until soup is warmed through.

5 Divide soup between bowls. Top with coriander and season with pepper to serve.

COOK'S TIP

Keep in an airtight container in the fridge for up to 3 days.

The soup will thicken while stored. You may have to add a little skim milk or water to thin the soup when reheating. ➤



NUTRITION INFO **GFO** **LC**
PER SERVE 700kJ, protein 7g,
total fat 2g (sat. fat 1g), carbs
25g, fibre 6g, sodium 141mg
• Carb exchanges 1½
• GI estimate low
• Gluten-free option
• Lower carb



NUTRITION INFO
PER SERVE 921kJ, protein 11g,
total fat 8g (sat. fat 1g), carbs 22g,
fibre 7g, sodium 523mg • Carb
exchanges 1½ • GI estimate low
• Gluten-free option • Lower carb

GFO LC

SMOKY TOMATO AND BACON SOUP

Paprika gives this soup
the smoky flavour.
see recipe, page 64 >>





NUTRITION INFO
PER SERVE 1400kJ,
protein 30g, total fat 12g
(sat. fat 5g), carbs 24g,
fibre 5g, sodium 720mg
• Carb exchanges 1½
• GI estimate low
• Gluten free • Lower carb

GF LC

CREAMY SWEET CORN AND MUSSEL CHOWDER

Ward off the chilly
weather and chow
down on chowder.
see recipe, page 64 >>

ROAST CAPSICUM AND LENTILS WITH WALNUT AND LEMON TOPPING

PREP TIME: 20 MINS
(+ 15 MINS COOLING)
COOK TIME: 35 MINS
SERVES 4 (AS A LIGHT MEAL)

2 large red capsicums, halved
500g tomatoes, halved
1 tsp olive oil
1 red onion, finely chopped
2 sticks celery, finely chopped
2 cloves garlic, crushed
175g (¾ cup) split red lentils, rinsed
500ml (2 cups) water
250ml (1 cup) salt-reduced or gluten-free vegetable stock
Freshly ground black pepper

Walnut and lemon topping

2 Tbsp walnuts, toasted
(see Cook's Tip)
½ cup basil leaves
½ tsp finely grated lemon zest
1 clove garlic, peeled

1 Preheat oven to 200°C (fan-forced). Line a baking tray with baking paper. Put the capsicum and tomato halves on the tray. Spray with cooking spray. Roast for 30 minutes or until capsicum skin starts to blacken and blister.

2 Set capsicum and tomato aside for 15 minutes to cool slightly. Peel and deseed the capsicum. Set aside.

3 Meanwhile, heat the oil in a large saucepan on medium heat. Add onion, celery and garlic.

Cook, stirring occasionally, for 7 minutes or until vegetables start to soften. Add lentils, water and stock. Cover and bring to a simmer. Reduce heat to low. Simmer, covered, for 10-15 minutes or until lentils are tender.

4 Put capsicum and tomato in a blender or food processor. Blend until smooth. Add to lentil mixture in pan and stir over a low heat for 3-4 minutes until warmed through. Season with pepper.

5 Meanwhile, to make the walnut and lemon topping, combine the walnuts, basil, lemon zest and garlic on a board. Using a sharp knife, finely chop them.

6 Divide the soup between bowls. Top with the walnut and lemon topping to serve. ➤

GFO LC

NUTRITION INFO
PER SERVE 1150kJ,
protein 17g, total
fat 8g (sat. fat 1g),
carbs 27g, fibre 13g,
sodium 196mg
• Carb exchanges 2
• GI estimate low
• Gluten-free option
• Lower carb

Cook's Tip

To toast walnuts, dry fry in a small nonstick frying pan for 2-3 minutes, stirring often, or until lightly toasted.



NUTRITION INFO **GF** **LC**
PER SERVE 1180kJ, protein
31g, total fat 4g (sat. fat 1g),
carbs 19g, fibre 11g, sodium
470mg • Carb exchanges 1½
• GI estimate low
• Gluten free • Lower carb

RICH TOMATO AND SEAFOOD SOUP

PREP TIME: 25 MINS

COOK TIME: 1 HOUR

SERVES 4 (AS A LIGHT MEAL)

1 tsp olive oil
350g green prawns, peeled,
deveined, shells and heads
reserved, prawns chopped
1L (4 cups) water
1 red onion, finely chopped
2 cloves garlic, finely chopped
Pinch of chilli flakes
1 stick cinnamon, halved
Pinch of saffron threads
125ml (½ cup) white wine
800g can no-added-salt
chopped tomatoes

250g cauliflower, finely chopped
2 carrots, finely chopped
2 zucchini, finely chopped
8 (65g) mussels, cleaned, in shell
200g scallops
150g (1 cup) frozen peas
Small basil leaves, to serve

1 Heat half the oil in a large non-stick frying pan on medium-high heat. Add the prawn shells and heads. Cook, stirring often, for 8-10 minutes or until the prawns are bright orange. Add the water and bring to the boil. Reduce heat to medium. Simmer for 15 minutes. Strain stock into a bowl, discarding shells and heads. Set aside.

2 Heat remaining oil in a large saucepan on medium. Add the onion. Cook, stirring occasionally, for 6-7 minutes or until onion starts to soften. Add garlic, chilli flakes, cinnamon and saffron. Cook, stirring, for 1 minute. Add the wine. Simmer for 2 minutes.

3 Add tomatoes, reserved prawn stock, cauliflower and carrot. Cover and bring to a simmer. Cook, covered, stirring occasionally, for 15 minutes. Add the prawns, zucchini, mussels, scallops and peas. Cook, covered, for 5 minutes or until the seafood is cooked and the mussels have opened.

4 Divide soup between bowls. Top with the basil leaves to serve.



Beef pho

BEEF PHO

PREP TIME: 15 MINS

COOK TIME: 25 MINS

SERVES 4 (AS A LIGHT MEAL)

120g dried rice stick noodles
1.25L (5 cups) water
500ml (2 cups) salt-reduced or gluten-free beef stock
2 sticks cinnamon, broken in half
2 star anise
5cm piece ginger, peeled, thinly sliced
2 tsp fish sauce
350g lean beef fillet, trimmed of fat
1 bunch bok choy, thinly sliced
1½ cups bean sprouts
1 cup coriander leaves
1 cup mint leaves
1 long red chilli, thinly sliced, to serve (optional)
4 lime wedges, to serve

1 Put noodles in a medium heatproof bowl. Cover with boiling water. Set aside for 10 minutes to soften. Drain well. Divide between serving bowls.
2 Put water, stock, cinnamon, star anise and ginger in a large saucepan. Cover and bring to boil



Sweet corn and chicken soup

over a high heat. Reduce heat to medium and simmer for 20 minutes. Strain through a sieve, discarding the spices. Return stock to the pan. Stir in fish sauce.

3 Preheat a chargrill plate on medium-high. Spray each side of beef with cooking spray. Add to chargrill and cook for 1½ minutes on each side. Transfer to a plate to rest for 5 minutes. Cut the beef on the diagonal into slices.

4 Divide bok choy and beef between serving bowls. Bring stock to boil. Pour stock over bok choy and beef. Top with sprouts, coriander, mint and chilli, if you like. Serve with lime wedges.

SWEET CORN AND CHICKEN SOUP

PREP TIME: 20 MINS

COOK TIME: 20 MINS

SERVES 2 (AS A LIGHT MEAL)

½ tsp olive oil
150g skinless chicken thigh fillets, trimmed of fat, thinly diagonally sliced
1 leek, halved lengthways, washed, thinly sliced

1 large carrot, halved lengthways, sliced thinly diagonally
1 stick celery, sliced thinly diagonally
1 zucchini, chopped
500ml (2 cups) water
125ml (½ cup) salt-reduced or gluten-free chicken stock
200g (1¼ cups) fresh or frozen corn kernels
1 Tbsp chopped flat-leaf parsley
Freshly ground black pepper

1 Heat half the oil in a medium saucepan on medium-high. Add the chicken. Cook, tossing often, for 2-3 minutes or until lightly browned. Transfer to a plate.

2 Heat the remaining oil in the saucepan on medium. Add the leek, carrot, celery and zucchini. Cook, stirring often, for 4 minutes. Add the water and stock to the pan. Cover and bring to a simmer. Add corn. Reduce heat to medium-low. Cook, covered, for 5 minutes or until the vegetables are just tender.

3 Finely shred the chicken and return to the pan. Stir over a low heat for 3-4 minutes or until warmed through. Remove pan from the heat and stir in the parsley.

4 Divide soup between bowls. Season with pepper to serve.

COOK'S TIP

This will keep in an airtight container in the fridge for up to 2 days. Or, you can freeze portions in small airtight containers for up to 6 months. ➤



Add some zing to your bowl with chilli

light meals



Smoky tomato and bacon soup

SMOKY TOMATO AND BACON SOUP

PREP TIME: 15 MINS
(+ 15 MINS COOLING)
COOK TIME: 40 MINS
SERVES 4 (AS A LIGHT MEAL)

1 Tbsp extra virgin olive oil
1 brown onion, finely chopped
2 cloves garlic, crushed
1 small red chilli, deseeded, finely chopped
1 Tbsp smoked paprika
1kg ripe tomatoes, cored, chopped
400g can no-added-salt tomato puree
1 Massel Chicken Style Salt Reduced Stock Cube
750ml (3 cups) boiling water
90g sliced sourdough or gluten-free bread, cut into small cubes
80g lean bacon, trimmed of all fat, cut into short, thin strips
Small basil leaves, to serve (optional)

1 Heat oil in a large saucepan over medium heat. Add onion, garlic and chilli. Cook, stirring often, for 6-7 minutes or until the onion softens. Add paprika and cook, stirring, for 1 minute.

2 Add tomatoes, tomato puree and combined stock cube and boiling water to the pan. Cover and bring to a simmer over medium-high heat. Reduce heat to medium-low and cook, covered, for 20 minutes.



Creamy sweet corn and mussel chowder

Remove the lid and simmer for 10 minutes. Set aside for 15 minutes to cool slightly.

3 Meanwhile, preheat oven to 180°C (fan-forced). Line an oven tray with baking paper. Place the bread on the lined tray and spray with cooking spray. Bake for 8-10 minutes or until bread cubes are golden brown. Set aside. Spray a medium non-stick frying pan with cooking spray. Add bacon and cook, stirring often, for 7-8 minutes or until the bacon is crisp. Transfer to a plate lined with paper towel.

4 Transfer the cooled soup to a food processor. Process until smooth. Return soup to pan and cook, stirring, over low heat until warmed through.

5 Divide the soup between serving bowls. Top with croutons and bacon. Sprinkle with basil leaves, if using.

COOK'S TIP

Freeze any leftover soup (without croutons) in individual containers for up to 3 months. Thaw in the fridge before reheating.

CREAMY SWEET CORN AND MUSSEL CHOWDER

PREP TIME: 10 MINS
COOK TIME: 30 MINS
SERVES 4 (AS A LIGHT MEAL)

500g mussels, cleaned and debearded
250ml (1 cup) water
2 tsp extra virgin olive oil
1 large white onion, finely chopped
2 cloves garlic, crushed
200g Spud Lite potatoes, finely chopped
375 ml (1½ cups) milk
200g fresh corn kernels
100ml light thickened cream
2 Tbsp finely chopped flat-leaf parsley
Freshly ground black pepper

1 Put the mussels and water in a large saucepan. Cover and bring to the boil over high heat. Reduce heat to medium-high and cook, shaking the pan often, for 2-3 minutes or until the mussels open. Drain liquid, reserving 250ml (1 cup). Set mussels aside for 5 minutes before removing from the shells.

Finely chop the flesh. Put in a small bowl, cover and set aside. Wipe out the pan.

2 Heat the oil in the pan over medium heat. Add the onion and garlic. Reduce heat to low and cook, stirring occasionally, for 8-10 minutes or until the onion is very soft but doesn't colour. Add the potato, milk and reserved cooking liquid. Bring to a simmer over medium heat. Cook, stirring occasionally, for 10 minutes or until the potato is just tender.

3 Add the corn and continue to cook for a further 3-4 minutes or until the corn is just tender and bright yellow. Add the cream and mussel flesh. Stir until heated through. Stir in the parsley. Season with pepper and serve. ■

Health Tip
Mussels are a good source of iron, vitamin B12 and zinc.

How our
food works
for you
see page 86

NUTRITION INFO **LC**
PER SERVE 1230kJ,
protein 31g, total
fat 8g (sat. fat 3g),
carbs 18g, fibre 9g,
sodium 416mg
• Carb exchanges 1
• GI estimate
medium
• Lower carb

Cottage pie

CHICKEN, SPINACH AND CAULIFLOWER PIES

PREP TIME: 20 MINS

COOK TIME: 1 HOUR 10 MINS

SERVES 6 (AS A MAIN)

1 tsp olive oil
1 large brown onion,
finely chopped
200g mushrooms, sliced
2 cloves garlic, crushed
500g chicken breast fillet mince
2 Tbsp salt-reduced gravy powder
400g can no-added-salt
crushed tomatoes
1 Tbsp Worcestershire sauce
250ml (1 cup) water
2 zucchinis, coarsely grated
2 sticks celery, finely chopped
120g baby spinach leaves
750g cauliflower, cut into
small florets
500g Spud Lite Potatoes, chopped
1 Tbsp light margarine

60g (½ cup) grated
reduced-fat cheddar
30g (¼ cup) finely grated parmesan
Freshly ground black pepper,
to serve
Finely chopped flat-leaf
parsley, to serve

1 Heat the oil in a large non-stick frying pan over medium heat. Add the onion, mushrooms and garlic. Cook, stirring occasionally, for 7-8 minutes or until onion softens. Increase heat to high. Add mince and cook, stirring often, for 2-3 minutes or until it changes colour. Stir in gravy powder, tomatoes, Worcestershire sauce and water. Bring to a simmer. Stir in zucchini and celery. Reduce heat to medium. Cook, covered, for 5 minutes. Remove lid. Continue to cook, stirring occasionally, for a further 15 minutes. Stir through the

spinach. Remove the pan from the heat. Cover and set aside for 2-3 minutes or until the spinach wilts.

2 Meanwhile, cook the cauliflower and potato in a large steamer basket over a saucepan of simmering water for 15-20 minutes or until very tender.

3 Preheat oven to 190°C (fan-forced). Line a large baking tray with baking paper. Add margarine to cauli and potato. Mash until smooth. Stir in half the cheddar and half the parmesan.

4 Spoon mince mixture evenly between 6 x 500ml (2 cup) ovenproof dishes. Spoon the mash evenly between dishes. Rough up the surface with a fork and sprinkle over the remaining cheeses. Place on lined tray. Bake for 20-30 minutes or until the top is light golden brown.

5 To serve, sprinkle tops of pies with pepper and parsley. ■

gluten free

How our
food works
for you
see page 86

NUTRITION INFO

PER SERVE 1290kJ,
protein 25g, total
fat 19g (sat. fat 5g),
carbs 8g, fibre 6g,
sodium 32mg • Carb
exchanges $\frac{1}{2}$ • GI
estimate medium
• Gluten free
• Lower carb



GF LC

**LAMB CUTLETS
WITH MINTY BROAD
BEAN MASH**

Here is your meat and
greens with a difference.
see recipe, page 57 >>

NUTRITION INFO

PER SERVE 990kJ,
protein 13g, total
fat 16g (sat. fat 4g),
carbs 6g, fibre 5g,
sodium 642mg

- Carb exchanges $\frac{1}{2}$
- GI estimate low
- Gluten free
- Lower carb

GF

LC

**ITALIAN-STYLE
SALAD WITH
CRISP PANCETTA**

Summer on a plate,
even in winter.
[see recipe, page 57 >>](#)

Wheat-free WINNERS

From tempting traybakes to stunning salads, these
gluten-free meals will help you live la vida lower-carb

gluten free

*Bocconcini is
easy to prep and
makes a tasty
topper for salads*

GF

LC

**SPINACH, CAPSICUM
AND BOCCONCINI SALAD**

A quick dish with heaps of
flavour, it's on the table in
just 5 minutes.

see recipe, page 57 >>

NUTRITION INFO

PER SERVE 1290kJ,
protein 17g, total
fat 12g (sat. fat 6g),
carbs 25g, fibre 13g,
sodium 205mg

- Carb exchanges 1½
- GI estimate low
- Gluten free
- Lower carb

NUTRITION INFO

PER SERVE 1400kJ, protein 28g,
total fat 12g (sat. fat 3g), carbs
26g, fibre 6g, sodium 311mg
• Carb exchanges 1½ • GI estimate
low • Gluten free • Lower carb

GF LC

CHICKEN WITH QUINOA GREEK SALAD

Try a new take on poultry
offering Mediterranean flair.

see recipe, page 58 >>

NUTRITION INFO

PER SERVE 839kJ, protein 11g,
total fat 4g (sat. fat 0g), carbs
27g, fibre 5g, sodium 587mg
• Carb exchanges 2 • GI estimate
low • Gluten free • Lower carb

GF

LC

CRAB NOODLE SALAD

Seafood finds the ideal
match in a cucumber salad,
chilli and coriander.
see recipe, page 58 >>



gluten free

NUTRITION INFO

PER SERVE 1340kJ, protein 19g,
total fat 15g (sat. fat 3g), carbs 21g,
fibre 7g, sodium 499mg • Carb
exchanges 1½ • GI estimate
medium • Gluten free • Lower carb

*There'll be a
rush to the table
when they smell
this in the oven*



GF

LC

**LEMON & ROSEMARY
TRAYBAKE LAMB**

Tomato, capsicum and
olives add extra flavour to
this great meat staple.

see recipe, page 58 >>

gluten free

Health Tip

Salmon is an excellent source of omega-3 fatty acids, which can help lower blood cholesterol. Aim to eat oily fish, such as salmon, tuna, herring or mackerel, at least twice a week.

SALMON WITH POTATO, TOMATO AND CORN SALAD

PREP TIME: 15 MINS

COOK TIME: 15 MINS

SERVES 4 (AS A LIGHT MEAL)

250g Baby Spud Lite Potatoes

1 cob corn, husk and silk removed

4 x 100g pieces skinless and boneless salmon fillets

2 large tomatoes

Dressing

2 Tbsp red wine vinegar

1 Tbsp extra virgin olive oil

1 green shallot, finely chopped

1 Tbsp capers, finely chopped

Handful basil leaves, chopped

Freshly ground black pepper

1 Cook the potatoes in a saucepan of boiling water for 10-12 minutes or until tender, adding the corn for the final 5 minutes. Drain. Set aside to cool.

2 Meanwhile, to make the dressing, combine all the

ingredients in a small bowl. Whisk to combine.

3 Preheat grill on medium-high. Rub a little dressing on the salmon. Add to the grill and cook for 3 minutes on each side, or until cooked through.

4 Slice the tomatoes and potatoes and place on a serving platter. Use a sharp knife to cut

the corn from the cobs and arrange over the tomatoes. Top with the salmon, then drizzle over the remaining dressing and serve.

NUTRITION INFO **GF** **LC**

PER SERVE 1380kJ, protein 25g, total fat 18g (sat. fat 5g), carbs 14g, fibre 5g, sodium 146mg • Carb exchanges 1 • GI estimate medium • Gluten free • Lower carb





Lamb cutlets with
minty broad bean mash

LAMB CUTLETS WITH MINTY BROAD BEAN MASH

PREP TIME: 15 MINS

(+ 1 HOUR MARINATING)

COOK TIME: 10 MINS

SERVES 4 (AS A LIGHT MEAL)

- 1 clove garlic, crushed
- Juice of ½ a lemon
- 1 small red chilli, finely chopped
- 1 tsp olive oil
- 12 lamb cutlets, trimmed, meat flattened out slightly

Broad bean mash

- 300g cooked, podded and skinned broad beans (see Cook's Tip)
- 2 Tbsp olive oil
- Juice of ½ a lemon
- Freshly ground black pepper
- Small bunch mint leaves, chopped

1 Combine the garlic, lemon, chilli and olive oil in a shallow dish. Add the lamb cutlets and turn to coat. Cover and put in the fridge for 1 hour to marinate.

2 Meanwhile, to make broad bean mash, place the beans in a food processor with half the oil and the lemon juice. Season with pepper. Process until a chunky puree. Transfer puree to a small saucepan.

3 Preheat a chargrill pan on medium-high. Add the lamb cutlets and cook for 2 minutes each side for medium, or until cooked to your liking. Transfer to a



Italian-style salad with crisp pancetta

plate. Cover with foil to keep warm.
4 Heat the puree over a low heat or until warmed through. Stir in the mint and the remaining olive oil.

5 Serve the lamb cutlets with the broad bean mash.

COOK'S TIP

To prepare the beans, remove raw beans from pods. Cook beans in a small saucepan of boiling water for 2 minutes. Drain and pop the beans out of the thick leathery skin.

ITALIAN-STYLE SALAD WITH CRISP PANCETTA

PREP TIME: 10 MINS

COOK TIME: 5 MINS

SERVES 4 (AS A LIGHT MEAL)

- 6 thin slices pancetta
- 30g bocconcini, torn into chunks
- 6 tomatoes, chopped into large pieces
- 200g drained artichokes in vinegar
- Large handful basil leaves

Dressing

- 1 eschalot, finely chopped
- 2 Tbsp extra virgin olive oil
- 2 Tbsp sherry vinegar

1 Heat a large non-stick frying pan over medium heat. Add the pancetta and cook for 2-3 minutes on each side or until crisp. Set aside to cool.



Spinach, capsicum and bocconcini salad

2 To make the dressing, whisk all the ingredients in a small bowl.

3 Arrange the bocconcini, tomato and artichoke on a serving plate. Tear the pancetta into bite-sized pieces and scatter over, followed by the basil leaves. Drizzle with the dressing and serve.

SPINACH, CAPSICUM AND BOCCONCINI SALAD

PREP TIME: 5 MINS

SERVES 2 (AS A LIGHT MEAL)

- 100g baby spinach leaves or mixed salad leaves
- 1 small Lebanese cucumber, peeled into ribbons
- 100g semi-dried tomatoes in oil from a jar (reserve 1 tsp oil for drizzling)
- 1 yellow capsicum, cut into thin strips
- 80g bocconcini, sliced
- 2 tsp pumpkin seeds
- 2 tsp balsamic vinegar

1 Put the spinach leaves, cucumber, tomatoes and capsicum in a large bowl. Toss to combine. Divide the salad between two serving plates.

2 Divide the bocconcini equally between the plates, scatter with pumpkin seeds, and drizzle with balsamic and the oil from the tomatoes. Serve. ➤

gluten free



Chicken with quinoa Greek salad



Crab noodle salad



Lemon & rosemary traybake lamb

CHICKEN WITH QUINOA GREEK SALAD

PREP TIME: 10 MINS

COOK TIME: 20 MINS

SERVES 4 (AS A LIGHT MEAL)

150g quinoa
300ml water
15g light margarine
1 red chilli, deseeded, finely chopped
1 clove garlic, crushed
300g chicken tenderloins, sinew removed, trimmed of fat
2 tsp extra virgin olive oil
Freshly ground black pepper
250g vine-ripened tomatoes, roughly chopped
8 pitted Kalamata olives
1 red onion, finely sliced
60g reduced-fat feta, crumbled
Small bunch mint, leaves picked, chopped
Juice and zest ½ a lemon

1 Put the quinoa and water in a medium saucepan and bring to the boil over medium heat. Reduce heat to medium-low and cook, covered, for 10-15 minutes or until tender and the liquid is absorbed.
2 Meanwhile, preheat a chargrill on medium-high. Combine the margarine, chilli and crushed garlic in a small bowl. Toss the chicken fillets in 1 tsp of the olive oil and season with pepper. Put chicken

on the chargrill and cook for 3-4 minutes each side or until cooked through. Transfer to a plate. Spoon the spicy margarine over the chicken and set aside to melt.

3 Combine the tomatoes, olives, onion, feta and mint in a bowl. Toss in the cooked quinoa. Stir through the remaining olive oil, and the lemon juice and zest. Season well with pepper. Place on a serving platter. Top with the chicken and drizzle with any juices from the chicken.

Health Tip
Quinoa is low GI and slightly higher in protein than most grains.

CRAB NOODLE SALAD

PREP TIME: 10 MINS

COOK TIME: 5 MINS

SERVES 2 (AS A LIGHT MEAL)

50g fine dried rice vermicelli
1 zucchini, coarsely grated
100g cooked fresh crab meat
1 Lebanese cucumber, halved lengthways, seeds removed, thinly sliced
1 small red chilli, deseeded, finely chopped
4 green shallots, thinly sliced
Handful coriander leaves
Handful mint leaves, torn if large
Lime wedges, to serve (optional)

Dressing

2 Tbsp rice wine vinegar
2 tsp gluten-free soy sauce

1 tsp sesame oil
1 tsp brown sugar
Zest and juice of 1 lime
Freshly ground black pepper

1 Place the vermicelli in a small heatproof bowl and cover with plenty of boiling water. Set aside for 5 minutes. Drain. Rinse under cold water and then drain well.

2 Meanwhile, to make the dressing, whisk all the ingredients together in a large bowl.

3 Add the dressing and zucchini to the noodles. Toss to combine. Add the crab meat, cucumber, chilli, shallots, coriander and mint. Toss to combine.

4 Using clean hands, pile the noodle salad onto serving plates. Drizzle with any leftover dressing from the bowl. Serve with the lime wedges, if you like.

LEMON & ROSEMARY TRAYBAKE LAMB

PREP TIME: 15 MINS (+ 30 MINS MARINATING)

COOK TIME: 35 MINS

SERVES 4 (AS A LIGHT MEAL)

1½ lemons, 1 zested and juiced, ½ sliced
1 large clove garlic, crushed
6 sprigs rosemary, leaves picked from 4 and chopped
1½ Tbsp olive oil
Freshly ground black pepper

8 lamb cutlets, trimmed of excess fat
500g Spud Lite potatoes, unpeeled, thinly sliced
2 red capsicums, deseeded, thickly sliced
4 small vine-ripened tomatoes, halved
50g Kalamata olives
3 Tbsp capers in vinegar, rinsed and drained

1 Whisk the lemon zest and juice, garlic, chopped rosemary and 2 tsp olive oil. Season with pepper. Add the lamb cutlets and toss to coat. Cover and put in the fridge for 30 minutes to marinate.

2 Preheat oven to 200°C (fan-forced). Line a large shallow roasting pan with baking paper. Toss the potatoes with ½ Tbsp oil and sprinkle with pepper. Place in the roasting pan and roast for 15 minutes.

3 Remove the pan from the oven and top the potatoes with the capsicum, lemon slices, rosemary and tomatoes. Drizzle with the remaining 2 tsp oil, and pepper. Return to the oven for a further 10 minutes.

4 Place the lamb cutlets on top of the vegetables. Scatter over the olives and capers. Cook for a final 10-12 minutes, turning the lamb halfway until it is just pink. Serve straight from the dish.

COOK'S TIP

This lamb traybake is a great mid-week meal. It involves minimal washing-up, quick prep, and the lamb can be marinated the night before to give it a great burst of flavour.

HEALTH TIP

This dish contains 3 of your recommended 5 serves of vegetables for the day! ■

PAN-FRIED POTATO, TOMATO AND EGG

PREP TIME: 10 MINS

COOK TIME: 10 MINS

SERVES 1 (AS A LIGHT MEAL)

3 tsp olive oil
150g Spud Lite potatoes, cooked, sliced (see Cook's Tip)
130g cherry tomatoes, halved
2 green shallots, trimmed, sliced
60g egg
Few small basil leaves

1 Heat the oil in a small non-stick frying pan over medium heat. Add the potato slices and cook for 2-3 minutes each side or until browned.

2 Add tomatoes and shallot to the pan. Cook, stirring, for 1 minute or until tomatoes soften. Season with pepper.

3 Make a space in the pan.

Gently break the egg into the space and cook for 2 minutes, or until cooked to your liking. Sprinkle with the basil. Serve.

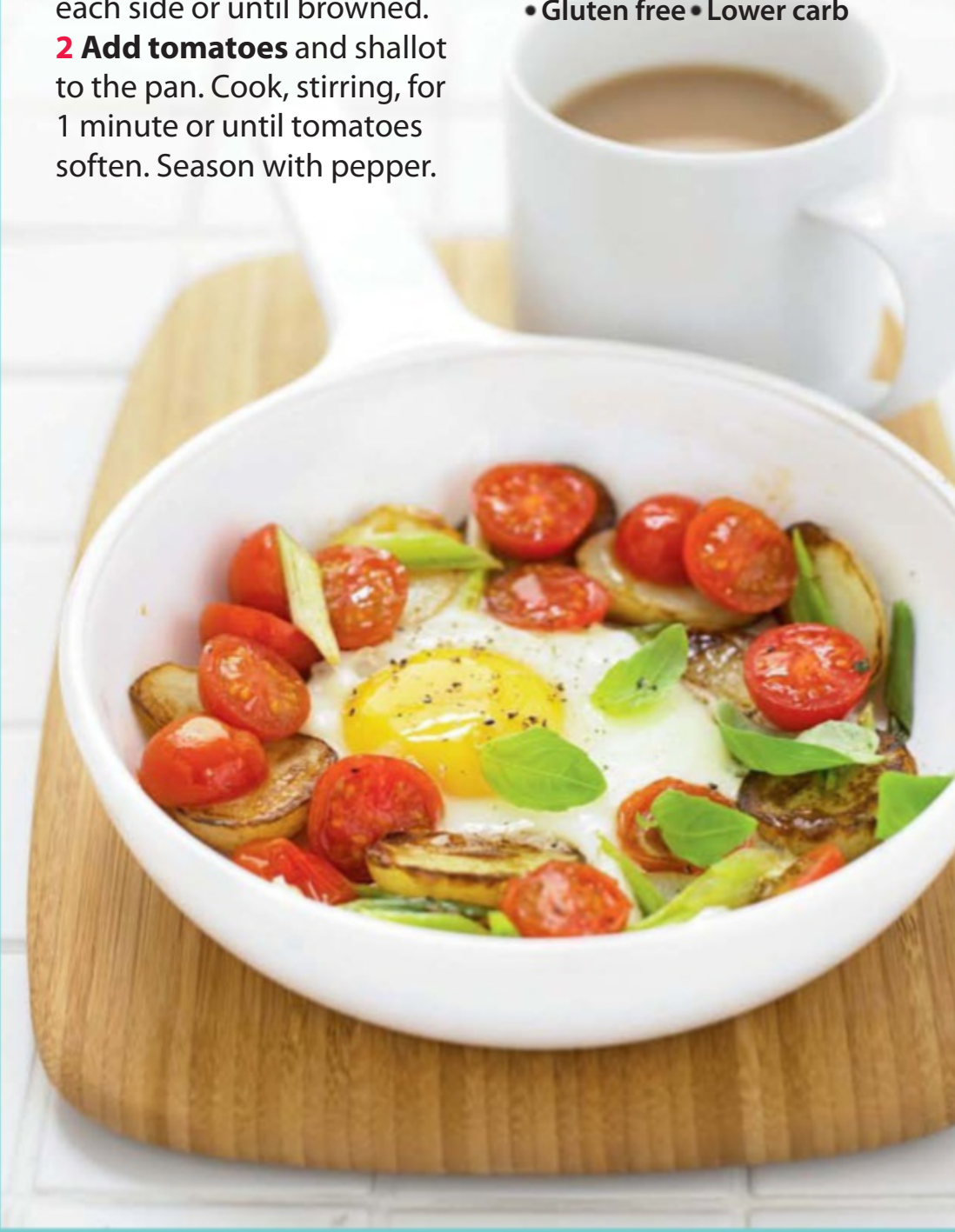
COOK'S TIP

Cook potatoes in a small saucepan of boiling water for 8-10 minutes or until just tender. Drain and cook slightly.

NUTRITION INFO

GF LC

PER SERVE 1240kJ, protein 11g, total fat 19g (sat. fat 3g), carbs 17g, fibre 5g, sodium 124mg
• Carb exchanges 1
• GI estimate medium
• Gluten free • Lower carb



LEMON

Contains bioflavonoids that help vitamin C to work more effectively.

SPINACH

Rich in carotenoids and antioxidants that protect against free radical damage.

WALNUTS

Contain omega-3 fats, which improve the skin's elasticity. Also a source of copper, a mineral that boosts collagen production.

GARLIC

Rich in sulphur, which helps to banish blemishes.

SARDINES

Full of omega-3 oils to keep your skin moisturised from the inside out.

OLIVE OIL

A healthy oil that helps us to absorb skin-friendly vitamin A and other fat-soluble vitamins.

ROASTED RED PEPPERS

Rich in vitamin C, peppers help to maintain the skin's natural scaffolding system – collagen.

POMEGRANATE SEEDS

Packed with polyphenols, which may protect the skin from the adverse effects of UV radiation from the sun.

MARJORAM OR OREGANO

Aids a good night's sleep, which is essential for skin regeneration.

EAT FOR... SUPER HEALTHY *glowing skin*

Our skin, which is our largest organ, is at the mercy of numerous influences, from diet and lifestyle to dehydration and sun exposure. Luckily, there are several complexion-saving steps we can take to stave off premature ageing, boost elasticity and stay protected from UV damage. Base your diet on low-GI foods, healthier fats and plenty of brightly coloured fruit and veg, and you'll be giving your skin plenty of nourishment.

LEMON MARJORAM SARDINES WITH WALNUT & PEPPER DRESSING

PREP TIME: 25 MINS

(+ OVERNIGHT SOAKING)

COOK TIME: 10 MINS

SERVES 2 (AS A LIGHT MEAL)

6 walnut halves

Juice and zest 1 lemon

2 cloves garlic

6 butterflied sardines (ask your fish shop to do it for you), thawed if frozen

Freshly ground black pepper

2 tsp marjoram or oregano, plus a few extra leaves for sprinkling

100g drained roasted red peppers in vinegar

1 tsp olive oil

175g baby spinach leaves

Seeds from ½ pomegranate

1 You can use walnuts as they are or activate them – this makes them easier to digest. If you're activating them, pour cold water over the walnuts, add a squeeze of lemon, then leave to soak overnight at room temperature. Drain and rinse.

2 Finely grate the garlic and set aside for 10 minutes to allow the enzymes to activate. Open up the sardines and smear the flesh with half the garlic. Grate over the

lemon zest (reserving a little to serve) and season with pepper. Scatter over half the marjoram or oregano, then close the sardines. **3 Put the walnuts**, remaining herbs and the peppers in a bowl. Season with pepper. Use a hand-held blender to blitz to a rough puree. Add the remaining garlic and a generous squeeze of lemon juice from one half, and blitz again.

4 Heat ¼ tsp of the oil in a large non-stick frying pan over medium-high heat. Add spinach and cook for 1-2 minutes or until spinach wilts. Wipe out the pan with paper towel. Heat the remaining ¾ tsp oil in the pan. Add the sardines and cook for 2 minutes each side.

5 Arrange spinach on two plates and top with the sardines. Scatter over the pomegranate seeds, then top with the dressing. Sprinkle over the reserved lemon zest and a few marjoram or oregano leaves. Serve with the remaining lemon. ■

NUTRITION INFO **GF** **LC**

PER SERVE 1300kJ, protein 34g, total fat 10g (sat. fat 2g), carbs 15g, fibre 10g, sodium 1120mg
• Carb exchanges 1
• GI estimate low
• Gluten free • Lower carb

How our
food works
for you
see page 86

QUICK & EASY *snacks*

Fill the gap between meals with healthy, energy-boosting, snacks



How our
food works
for you
see page 86

NUTRITION INFO

PER SERVE 385kJ, protein 7g,
total fat 3g (sat. fat 1g), carbs
8g, fibre 4g, sodium 186mg
• Carb exchanges $\frac{1}{2}$ • GI estimate
medium • Gluten-free option
• Lower carb

GFO LC

**SPINACH
AND CREAM
CHEESE DIP**

see recipe, page 64 >>

snacks

GF LC

KALE CHIPS
see recipe, page 64 >>

LC

**SALMON AND
ROCKET MUFFINS**
see recipe, page 64 >>

◀ **BEETROOT, ORANGE
AND GINGER JUICE** GF LC
see recipe, page 65 >>

GFO LC

**SPICY
POPCORN**
see recipe,
page 65 >>

GFO LC

**CURRIED
TUNA AND
CUCUMBER BITES**
see recipe, page 65 >>

snacks



Spinach and cream cheese dip

SPINACH AND CREAM CHEESE DIP

PREP TIME: 20 MINS (+ 4 HOURS CHILLING)

COOK TIME: 15 MINS

SERVES 6 (AS A SNACK)

½ tsp olive oil

1 small brown onion, finely chopped

1 clove garlic, crushed

1 bunch English spinach, trimmed, washed, chopped

Pinch of ground nutmeg

Freshly ground black pepper

220g tub extra-light cream cheese

2 Tbsp low-fat natural yoghurt

1 witlof, leaves separated, washed, dried

1 large celery stick, cut into sticks

1 large carrot, cut into sticks

4 radishes, trimmed, quartered

125g (½ punnet) cherry tomatoes, halved

16 plain or gluten-free rice crackers

1 Heat oil in a medium non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 6-7 minutes or until onion softens slightly. Add garlic. Cook, stirring, for 1 minute.

2 Increase heat to high. Add the spinach. Cook, tossing often, for 3-4 minutes or until the spinach has wilted and any moisture has evaporated. Add the nutmeg and season with pepper. Transfer to a bowl.



Kale chips

Set aside for 5 minutes to cool.

3 Transfer to a small food processor or use a hand-held blender. Process until smooth.

4 Whisk the cream cheese and yoghurt in a medium bowl until smooth. Add the spinach mixture and stir until well combined. Cover and put in the fridge for 3-4 hours or until well chilled.

5 Serve the dip with the witlof, celery, carrot, radish, tomato and rice crackers.

KALE CHIPS

PREP TIME: 5 MINS

COOK TIME: 15 MINS

SERVES 4 (AS A SNACK)

250g kale

1 tsp sesame seeds

1 Preheat oven to 160°C (fan-forced). Line 2 oven trays with baking paper. Using a sharp knife, remove the stem from the centre of kale leaves and discard. Cut leaves into bite-sized pieces.

2 Arrange kale pieces on the lined trays. Spray kale with cooking spray and sprinkle with the sesame seeds. Bake for 12-15 minutes or until the kale is crisp. Serve.

NUTRITION INFO

PER SERVE 165kJ, protein 1g, total fat 3g (sat. fat 0g), carbs 2g, fibre 1g, sodium 8mg • Carb exchanges 0 • GI estimate n/a • Gluten free • Lower carb



Salmon and rocket muffins

SALMON AND ROCKET MUFFINS

PREP TIME: 5 MINS

COOK TIME: 5 MINS

SERVES 2 (AS A SNACK)

1 Tip Top wholemeal English muffin, split

1 green shallot, trimmed, finely chopped

2 Tbsp finely chopped red capsicum

200g can red salmon in springwater, drained, flaked (see Cook's Tips)

Freshly ground black pepper

50% reduced-fat cheese slice, halved lengthways

10g rocket leaves

1 tsp balsamic vinegar

1 Preheat a grill on medium. Line a baking tray with baking paper. Place muffin halves, bottom side up, on the tray. Cook for 2 minutes, or until toasted. Turn over the halves.

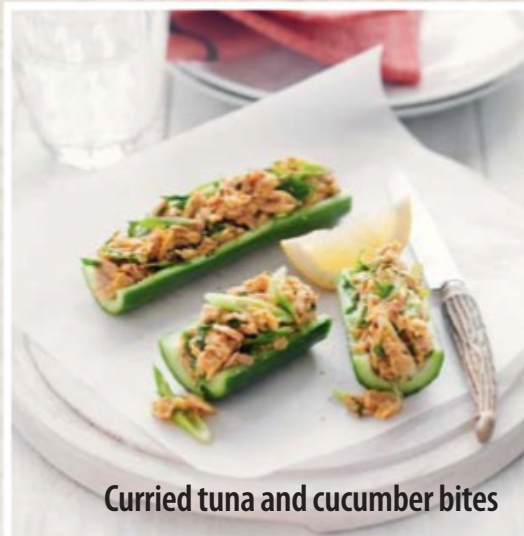
2 Combine shallot, capsicum and half the salmon in a small bowl. Season with pepper. Spoon mixture evenly over muffin halves and top with the cheese. Return muffins to the grill and cook for 2-3 minutes, or until warmed through and cheese melts.

3 Toss the rocket and vinegar together and place on top of the muffin halves. Serve.

Cook's Tip
Keep kale chips in an airtight container for up to 3 days.



Beetroot, orange and ginger juice



Curried tuna and cucumber bites



Spicy popcorn

Chicken & avo muffins

Replace the salmon with 25g cooked and shredded, skinless and boneless chicken. Top each muffin half with 1 thin slice of avocado, then the cheese. Continue grilling as in Step 2.

NUTRITION INFO

PER SERVE 650kJ, protein 11g, total fat 7g (sat. fat 2g), carbs 11g, fibre 3g, sodium 151mg
• Carb exchanges ½ • GI estimate medium • Lower carb

COOK'S TIPS

- Use the remaining salmon in a salad or as a sandwich filler.
- For an alternative, see above.

NUTRITION INFO

PER SERVE 608kJ, protein 13g, total fat 5g (sat. fat 2g), carbs 11g, fibre 2g, sodium 163mg • Carb exchanges ½ • GI estimate medium • Lower carb

BEETROOT, ORANGE AND GINGER JUICE

PREP TIME: 10 MINS
SERVES 4 (AS A SNACK)

- 2 (370g) fresh beets, peeled
- 2 oranges, peel and white pith removed
- 3cm piece ginger, peeled
- 1 Lebanese cucumber, roughly chopped
- Ice cubes, to serve

1 Push the beets, orange, ginger and cucumber through the chute of a juicer.

2 Fill 4 glasses with ice cubes. Pour juice into glasses to serve.

NUTRITION INFO

PER SERVE 276kJ, protein 2g, total fat 0g (sat. fat 0g), carbs 12g, fibre 4g, sodium 45mg • Carb exchanges 1
• GI estimate low • Gluten free
• Lower carb

CURRIED TUNA AND CUCUMBER BITES

PREP TIME: 10 MINS
SERVES 2 (AS A SNACK)

- 1 large Lebanese cucumber, cut in half lengthways
- 95g can tuna in springwater, drained
- 1 Tbsp 97% fat-free or gluten-free mayonnaise
- 1 Tbsp shredded flat-leaf parsley
- ¼ tsp curry powder or gluten-free curry powder
- 1 green shallot, thinly sliced diagonally
- Freshly ground black pepper
- Lemon wedges, to serve (optional)

1 Using a small spoon, scoop the seeds out of the cucumber halves.

2 Put tuna in a small bowl, then flake with a fork. Add mayonnaise, parsley, curry powder and shallot. Season with pepper. Stir well to combine.

3 Spoon tuna mixture into the cucumber halves. Cut into halves to serve. Serve with lemon wedges, if you like.

NUTRITION INFO

PER SERVE 365kJ, protein 12g, total fat 2g (sat. fat 0g), carbs 5g, fibre 1g, sodium 310mg
• Carb exchanges ½
• GI estimate low
• Gluten-free option
• Lower carb

SPICY POPCORN

PREP TIME: 5 MINS
COOK TIME: 5 MINS
SERVES 4 (AS A SNACK)

- 60g (¼ cup) popping corn
- 10g light margarine, melted
- 2 tsp salt-reduced taco seasoning or gluten-free taco seasoning

1 Cook popping corn in electric air-popper or in a microwave popcorn maker.

2 Add margarine and seasoning to the popcorn. Toss to coat. Serve.

COOK'S TIP

Keep popcorn in an airtight container for up to 1 week. ■

NUTRITION INFO

PER SERVE 149kJ, protein 1g, total fat 1g (sat. fat 0g), carbs 5g, fibre 1g, sodium 118mg
• Carb exchanges ½ • GI estimate low
• Gluten-free option • Lower carb

desserts

NOT-SO *Decadent* DESSERTS

Get set for a sweet finish with these
better-for-you desserts

GF LC

SOFT MERINGUES WITH POACHED STRAWBERRIES

With very little fat, this is
a yummy winner.
see recipe, page 72 >>

NUTRITION INFO
PER SERVE 330kJ,
protein 4g, total fat
1g (sat. fat 0g),
carbs 14g, fibre 2g,
sodium 55mg
• Carb exchanges 1
• GI estimate medium
• Gluten free
• Lower carb

**How our
food works
for you**
see page 86

NUTRITION INFO

PER SERVE (with sugar)
311kJ, protein 7g, total
fat 0g (sat. fat 0g),
carbs 12g, fibre 0g,
sodium 69mg • Carb
exchanges $\frac{1}{2}$
• GI estimate medium
• Gluten-free option
• Lower carb

PER SERVE (with
sugar substitute)
223kJ, protein 7g,
total fat 0g (sat. fat
0g), carbs 7g, fibre 0g,
sodium 69mg • Carb
exchanges $\frac{1}{2}$
• GI estimate low
• Gluten-free option
• Lower carb

GFO **LC**

**CAPPUCCINO-STYLE
JELLIES**

Offer your guests an
intriguing twist on
after-dinner coffee.
see recipe, page 72 >>

Cook's Tips

- If you don't have a coffee machine at home, you can heat the milk and froth it using a hand-held milk frother. Or, pour it into a small plunger and plunge up and down to make froth.
- If you like, you can replace the frothed milk with low-fat ice-cream to make an affogato.
- You can keep the jellies in the fridge, covered with plastic wrap, for up to 3 days. Make up to the end of Step 3. When ready to serve, froth milk and spoon over the milk layer.

desserts

GFO LC

CREAMY CHOCOLATE MACARON SANDWICHES

These delicious, and convenient,
little bites are great to serve
when you have visitors.

see recipe, page 73 >>

Cook's Tip

Keep any leftover
macarons in the
fridge in an airtight
container for up
to 3 days.

NUTRITION INFO

PER SERVE (with
sugar) 456kJ, **protein**
3g, **total fat** 5g (sat. fat
2g), **carbs** 14g, **fibre**
1g, **sodium** 47mg
• Carb exchanges 1
• GI estimate medium
• Gluten-free option
• Lower carb

NUTRITION INFO

PER SERVE 380kJ,
protein 1g, total
fat 3g (sat. fat 2g),
carbs 13g, fibre 2g,
sodium 7mg

- Carb exchanges 1
- GI estimate low
- Gluten free
- Lower carb



GF LC

CHOCOLATE DIPPED FRUIT

Simply scrumptious: the
fruit topped with a drizzle
of chocolate!

see recipe, page 73 >>

desserts

MINI CHOCOLATE SOUFFLÉ PUDDINGS

PREP TIME: 20 MINS

COOK TIME: 15 MINS

SERVES 4 (AS A DESSERT)

15g light margarine
2 Tbsp cocoa powder, sifted,
plus extra to dust (optional)
1 Tbsp plain flour, sifted
125ml (½ cup) skim milk
1½ Tbsp caster sugar
1 egg yolk (from 60g egg)
2 egg whites (from 60g eggs)

1 Preheat oven to 170°C (fan-forced). Spray 4 x 125ml (½-cup)

soufflé dishes or ovenproof ramekins with cooking spray. Tie a piece of baking paper around the outside of each dish so it sits about 5cm above the top to form a collar.

2 Put margarine, cocoa powder, flour, milk and 2 tsp of the sugar in a small saucepan. Whisk over a low heat until well combined. Increase heat to medium and whisk until mixture thickens and comes to a simmer. Pour into a medium bowl. Set aside for 5 minutes to cool slightly. Whisk in the egg yolk.

3 Using electric beaters, whisk

the egg whites in a medium bowl until soft peaks form. Whisk in the remaining sugar, in 2 batches, until stiff peaks form and the sugar dissolves. Add a large spoonful of egg white mixture to the cocoa mixture and mix it in until well combined. Add the remaining egg white mixture and fold in until just combined.

4 Divide mixture between dishes. Place dishes on a baking tray and bake for 10-12 minutes or until puffed. Remove paper, then dust with cocoa powder, if you like. Serve straight away. ➤

NUTRITION INFO **LC**
PER SERVE 438kJ, protein 6g,
total fat 4g (sat. fat 1g), carbs 11g,
fibre 1g, sodium 97mg • Carb
exchanges ½ • GI estimate
medium • Lower carb





LC

BAKED ORANGE AND PASSIONFRUIT CHEESECAKE

Quick to prepare,
this classic needs a
few hours to chill.

*see recipe,
page 73 >>*

NUTRITION INFO

PER SERVE 447kJ, protein 5g,
total fat 7g (sat. fat 4g), carbs
5g, fibre 1g, sodium 103mg
• Carb exchanges $\frac{1}{2}$ • GI
estimate medium • Lower carb

desserts



Soft meringues with poached strawberries

SOFT MERINGUES WITH POACHED STRAWBERRIES

PREP TIME: 10 MINS

COOK TIME: 15 MINS

SERVES 4 (AS A DESSERT)

3 egg whites (from 60g eggs),
at room temperature
Pinch of cream of tartar
40g (¼ cup) caster sugar
¼ tsp vanilla essence

Poached strawberries

60ml (¼ cup) freshly squeezed
orange juice or 100% apple juice
¼ tsp vanilla essence
250g (1 punnet) strawberries,
hulled, quartered

1 Preheat oven to 160°C (fan-forced). Spray 4 x 185ml (¾ cup) ovenproof moulds with cooking spray. Line the bases with baking paper.

2 Put egg whites and cream of tartar in a small bowl. Using clean, dry beaters, whisk egg white mixture until soft peaks form. Add sugar, 2 tsp at a time, whisking well after each addition, until sugar dissolves and mixture is thick and glossy. Whisk in the vanilla essence.

3 Spoon meringue into moulds, then smooth the surface. Tap moulds on bench to remove any air bubbles. Place moulds in a small ovenproof dish. Pour boiling water into dish to come halfway up sides



Cappuccino-style jellies

of moulds. Bake for 12 minutes or until set and light golden on top. Carefully remove the moulds from the water, then set aside to cool.

4 Meanwhile, to make the poached strawberries, put the orange juice and vanilla essence in a small saucepan. Bring to a simmer over medium heat. Add strawberries. Reduce heat to low. Cook for 2-3 minutes or until the strawberries soften.

5 Loosen around edge of each mould, using a wet, flat-bladed knife. Using wet hands, remove meringues from moulds. Place, golden-side down, on plates.

6 Spoon the strawberries and juice over the meringues to serve.

CAPPUCCINO-STYLE JELLIES

PREP TIME: 10 MINS

(+ 10 HOURS SETTING)

SERVES 4 (AS A DESSERT)

185ml (¾ cup) skim milk
(see Cook's Tips, page 67)
Drinking chocolate powder or
gluten-free drinking chocolate
powder, to dust (optional)

Coffee layer

1 Tbsp ground espresso coffee
375ml (1½ cups) boiling water,
plus 2 Tbsp extra
1 Tbsp caster sugar or granulated
sugar substitute
2 tsp powdered gelatine



Creamy chocolate macaron sandwiches

Milk layer

2 Tbsp boiling water
1½ tsp powdered gelatine
2 tsp caster sugar or granulated
sugar substitute
250ml (1 cup) skim milk, at room
temperature
1 tsp vanilla essence

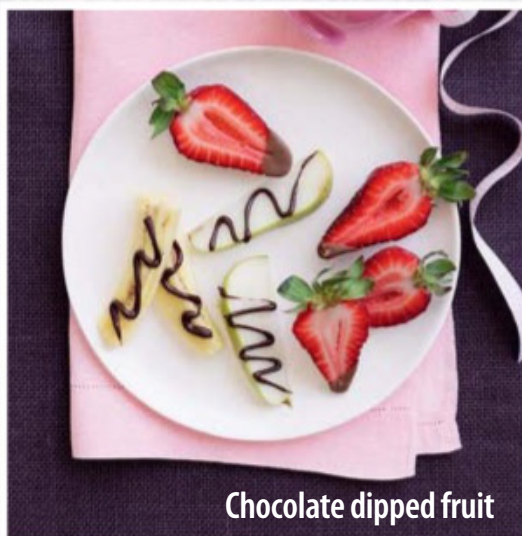
1 Fill a coffee plunger with hot water. Leave for 5 minutes or until warm. Pour out water.

2 To make coffee layer, put coffee in plunger and pour 375ml boiling water over. Set aside for 3 minutes. Plunge coffee. Pour into a large heatproof jug. Stir in sugar. Set aside. Put 2 Tbsp boiling water in a small heatproof bowl. Sprinkle gelatine over. Stir until it dissolves. Pour gelatine mixture into coffee and stir until combined. Divide evenly between 4 x 125ml (½ cup) heatproof glasses. Place on tray in fridge for 4 hours or until just set.

3 For the milk layer, put boiling water in a small heatproof jug. Sprinkle gelatine over and stir until gelatine dissolves. Stir in the sugar until it dissolves. Stir in the milk and vanilla essence. Carefully pour milk mixture, over the back of a spoon, onto the coffee layer in the glasses. Return glasses to the fridge for 6 hours or until completely set.

4 Using a coffee machine, froth 185ml of milk. Spoon over milk layer. Dust with chocolate powder, if you like. Serve straight away.

RECIPES ALISON ROBERTS, JOANNE TURNER (DIETITIAN), LISA URQUHART (DIETITIAN), SHANNON LAVERY (DIETITIAN)
PHOTOGRAPHY BEN DEARNLEY, STEVE BROWN, JOHN PAUL URIZAR, ALAN BENSON, GETTY IMAGES STYLING MARIE-HELENE
CLAUZON, JANE HANN, JULZ BERESFORD, KRISTEN WILSON FOOD PREPARATION KERRIE RAY, TRACEY MEHARG, SHARON KENNEDY



CREAMY CHOCOLATE MACARON SANDWICHES

PREP TIME: 10 MINS

(+ 30 MINS COOLING)

COOKING TIME: 35 MINS

MAKES 12 (1 PER SERVE AS A SNACK)

120g ($\frac{2}{3}$ cup) icing sugar or
gluten-free icing sugar, sifted,
plus 2 Tbsp extra

55g ($\frac{1}{2}$ cup) almond meal

1 Tbsp cocoa powder, sifted

2 egg whites (from 60g eggs)

125g light cream cheese

1½ Tbsp IXL 60% less sugar
strawberry spread

1 Preheat oven to 150°C (fan-forced). Line 2 baking trays with baking paper.

2 Put 120g icing sugar, almond meal and cocoa powder in a medium bowl. Stir well to combine. Using electric beaters, whisk egg whites in a medium bowl until firm peaks form.

3 Add egg white to icing sugar mixture and mix until combined. Spoon teaspoons of the mixture, 3cm apart, onto baking trays to make 24 macarons in total. Bake for 30-35 minutes or until macarons are crisp. Set aside on trays for 30 minutes to cool, then transfer to a wire rack to cool completely.

4 Put cream cheese and 2 Tbsp icing sugar in a small bowl. Beat with a wooden spoon until well



combined. Spread over 12 of the macarons. Spread fruit spread over the remaining 12.

5 Sandwich together to serve.

CHOCOLATE DIPPED FRUIT

PREP TIME: 15 MINS

COOK TIME: 5 MINS

SERVES 4 (AS A DESSERT)

20g milk chocolate, chopped

20g dark chocolate, chopped

1 small banana, cut into

8 short sticks

$\frac{1}{2}$ a pear, cut into thin wedges

6 large strawberries, halved

1 Put the milk and dark chocolate in a small microwave-safe bowl. Microwave on medium/50% for 1-2 minutes, stirring with a metal spoon after the first minute, until melted. Or, put the chocolate in a small bowl, then place over a saucepan of simmering water for 2-3 minutes, stirring occasionally with a metal spoon, until melted.

2 Pour chocolate into a small piping bag with a fine, plain nozzle. Or, pour into a small resealable bag, then cut a small hole in the corner of the bag.

3 Divide banana, pear and strawberry pieces between small plates. Drizzle chocolate over banana sticks and pear wedges.

Dip the end of each strawberry half in the chocolate. Set aside for 10 minutes to set. Serve.

BAKED ORANGE AND PASSIONFRUIT CHEESECAKE

PREP TIME: 15 MINS (+ 1 HOUR

COOLING AND 4 HOURS CHILLING)

COOKING TIME: 50 MINS

SERVES 12 (AS A DESSERT)

3 sponge finger biscuits, split
lengthways

250g tub light cream cheese

200g Pantalica Light Ricotta Cheese

$\frac{3}{4}$ cup Equal Spoonful

Zest and juice of 1 small orange

2 x 60g eggs

6 passionfruits, halved

1 Preheat oven to 140°C (fan-forced). Spray an 18cm (base measurement) springform tin with cooking spray. Line base and side with baking paper. Arrange biscuits in the base of the tin, cutting to fit. Put tin on an oven tray.

2 Using electric beaters, beat cream cheese, ricotta and Equal Spoonful in a medium bowl until smooth. Add orange zest and juice and beat to combine. Add eggs, one at a time, beating after each addition until just combined. Stir in pulp from 3 passionfruits.

3 Pour mixture into prepared tin and smooth the surface. Bake for 45-50 minutes or until just set.

4 Turn off oven. Leave cheesecake to cool for 1 hour. Then, transfer to fridge for 4 hours to chill.

5 To serve, remove cheesecake from tin and transfer to a serving plate. Drizzle over remaining passionfruit pulp. Cut into slices and serve. ■



breakfast

NUTRITION INFO

PER SERVE 956kJ,
protein 10g, total fat 8g
(sat. fat 1g), carbs 24g,
fibre 6g, sodium 44mg

- Carb exchanges 1½
- GI estimate medium
- Lower carb

LC

CREPES WITH YOGHURT, FRUIT AND MAPLE SYRUP

Satisfy a pancake craving
with this lighter option
see recipe, page 77 >>

Breakfast champions

Rise and shine
for these lower-
carb, get-your-
day-started-
right delights

How our
food works
for you

see page 86

NUTRITION INFO

PER SERVE 1040kJ,
protein 14g, total
fat 11g (sat. fat 4g),
carbs 18g, fibre 8g,
sodium 243mg

- Carb exchanges 1
- GI estimate low
- Lower carb

LC

**CAULIFLOWER AND
PARMESAN FRITTERS
WITH ROASTED
TOMATOES**

Instead of hash browns, try
this scrumptious version
see recipe, page 78 >>

GF LC

MUSHROOM, CORN AND PARMESAN OMELETTE

It's the go-to family
favourite with a twist
see recipe, page 78 >>

NUTRITION INFO

PER SERVE 1720kJ, protein
27g, total fat 22g (sat. fat 6g),
carbs 21g, fibre 8g, sodium
345mg • Carb exchanges 1½
• GI estimate low
• Gluten free • Lower carb

FRUIT & NUT MUESLI

PREP TIME: 5 MINS

SERVES 6 (AS A BREAKFAST)

100g Woolworths Superfood Mix (see Cook's Tip)
80g unsalted mixed nuts
50g quinoa flakes
35g (1 cup) Freedom Food Rice Puffs
35g bran flakes
1 Tbsp hemp seeds
1 Tbsp chia seeds
1 Tbsp linseed
130g (½ cup) diet yoghurt or ½ cup skim milk, per person, to serve

1 Combine superfood mix, nuts, quinoa, rice puffs, bran flakes, hemp seeds, chia seeds and linseed in a container. Toss to combine.
2 To serve, spoon yoghurt into serving bowls. Top with muesli and serve.

COOK'S TIP

The superfood mix, a blend of almonds, dried fruit, sunflower kernels and coconut chips, is available in the health food aisle.

NUTRITION INFO LC

PER SERVE (with yoghurt): 1340kJ, protein 14g, total fat 15g (sat. fat 2g), carbs 28g, fibre 6g, sodium 108mg • Carb exchanges 2
• GI estimate low
• Lower carb

PER SERVE LC

(with milk): 1290kJ, protein 13g, total fat 15g (sat. fat 2g), carbs 27g, fibre 6g, sodium 106mg • Carb exchanges 2
• GI estimate low
• Lower carb



Crepes with yoghurt, fruit and maple syrup

CREPES WITH YOGHURT, FRUIT AND MAPLE SYRUP

PREP TIME: 10 MINS

COOK TIME: 15 MINS

SERVES 8 (AS A BREAKFAST)

2 x 250g punnets strawberries, hulled, sliced
4 pears, quartered, cored, sliced
2 x 160g tubs Vanilla YoPro yoghurt
4 Tbsp sugar-free maple syrup
4 Tbsp slivered almonds, toasted (see Cook's tip)
Mint leaves, to serve (optional)

Crepes

50g (⅓ cup) plain flour
55g (⅓ cup) wholemeal plain flour
250ml (1 cup) light milk
60g egg

1 To make the crepes, whisk the flours, milk and egg in a medium bowl until smooth. Pour into a jug. Set aside for 5 minutes.
2 Spray a small non-stick frying pan with cooking spray. Heat over medium heat. Pour a small amount of batter into the pan and quickly move pan to swirl batter over base. Cook for 1-2 minutes or until light golden underneath. Turn crepe over and then cook for a further 30 seconds or until lightly browned. Transfer to a plate. Repeat with the remaining crepe batter to ➤

breakfast

make 8 crepes in total, spraying pan when needed.

3 To serve, divide crepes between serving plates. Top with strawberries, pear, yoghurt and maple syrup. Sprinkle with almond and mint leaves.

COOK'S TIP

To toast the almonds, cook in a small non-stick frying pan, stirring often, over medium heat until lightly toasted. Set aside to cool.

HEALTH TIP

Strawberries are a low-carb fruit with only 4g carbs per 100g fruit.

CAULIFLOWER AND PARMESAN FRITTERS WITH ROASTED TOMATOES

PREP TIME: 15 MINS

COOK TIME: 1 HOUR

SERVES 4 (AS A BREAKFAST)

6 vine-ripened tomatoes, halved through the middle
Freshly ground black pepper
2 cups baby spinach leaves, to serve

Cauliflower and parmesan fritters
375g (½ small) cauliflower, cut into florets



Cauliflower and parmesan fritters with roasted tomatoes

2 cloves garlic, crushed
40g (¼ cup) plain flour
40g (⅓ cup) finely grated parmesan
60g egg, whisked
Freshly ground black pepper
1 Tbsp olive oil
Lemon wedges, to serve (optional)

Minted yoghurt

130g (½ cup) Greek-style natural yoghurt
2 Tbsp finely shredded mint
1 tsp finely grated lemon zest

1 Preheat oven to 150°C (fan-forced). Line a baking tray with baking paper. Put tomatoes on the tray, sprinkle with pepper. Roast for 1 hour or until tomatoes halve in size and start to shrink around edges. Set aside.

2 Meanwhile, put the cauliflower and garlic in a steamer basket over a saucepan of simmering water. Cover and steam for 12-15 minutes or until the cauliflower is very tender. Transfer to a medium bowl. Use a fork to break up until roughly mashed. Set aside to cool for 10 minutes.



Mushroom, corn and parmesan omelette

3 Add the flour, parmesan and egg to the cauliflower. Season with pepper. Mix until well combined. Heat half the oil in a large non-stick frying pan over medium heat. Add 2 Tbsp of the mixture to the pan and press out slightly. Add another 3 lots of 2 Tbsp to the pan (making 4 fritters in total). Cook for 2-3 minutes each side or until light golden brown. Transfer to a plate lined with paper towel. Repeat with the remaining oil and fritter mixture, making 8 fritters in total.

4 Meanwhile, to make the minted yoghurt, combine all the ingredients in a small bowl.

5 Divide the spinach and roasted tomatoes between serving plates. Serve with the fritters, yoghurt and lemon wedges, if using.

HEALTH TIP

With more than 2 serves of vegetables in this dish, you are well on your way to achieving your 5 a day!

MUSHROOM, CORN AND PARMESAN OMELETTE

PREP TIME: 15 MINS

COOK TIME: 10 MINS

SERVES 1 (AS A BREAKFAST)

1½ tsp extra virgin olive oil
130g button mushrooms, sliced
⅓ cup fresh corn kernels



1 small zucchini, coarsely grated
1 tomato, chopped
1 Tbsp chopped flat-leaf parsley,
plus extra leaves, to serve
2 x 60g eggs
1 Tbsp water
Freshly ground black pepper
10g finely grated parmesan

1 Heat 1 tsp of the oil in a medium non-stick frying pan over medium-high heat. Add the mushrooms and corn. Cook, stirring often, for 2-3 minutes or until the mushrooms start to soften. Add the zucchini and tomato. Cook, stirring often, for 1 minute. Transfer to a bowl and stir in the parsley.
2 Whisk the eggs and water in a small bowl. Season with pepper. Wipe the pan out with paper towel. Heat the remaining oil in the pan over medium heat. Once the pan is hot, pour in eggs. Cook for 2-3 minutes, pulling back the cooked edge of egg and tilting the pan to move around any uncooked egg.
3 Once the egg is almost set, spoon the filling over half of the omelette. Sprinkle over the parmesan. Carefully lift unfilled side of the omelette over the filling. Slide onto a serving plate to serve, garnished with parsley.

HEALTH TIP

Place your mushrooms in direct sunlight for 1 hour prior to eating or cooking to boost their vitamin D content! ■

*Start the
day off
right with
vegies*

GREEN SMOOTHIE

PREP TIME: 5 MINS

SERVES 2 (AS A BREAKFAST)

1 Lebanese cucumber, washed,
chopped
3 cups baby spinach leaves
1 (170g) large green apple,
quartered, core removed,
chopped
250ml (1 cup) coconut water
2 Tbsp protein powder
2 tsp cashew spread
½ cup ice cubes, plus extra
to serve
1 Tbsp psyllium husks

NUTRITION INFO LC

PER SERVE 778kJ,
protein 16g, total
fat 3g (sat. fat 0g),
carbs 20g, fibre 9g,
sodium 215mg
• Carb exchanges 1½
• GI estimate low
• Lower carb

1 Put the cucumber, spinach, apple, coconut water, protein powder, cashew spread and ice in a blender. Cover and blend until smooth.

2 Add the psyllium husks and blend until combined. Pour smoothie into serving glasses filled with ice. Serve immediately.

HEALTH TIP

This smoothie is rich in potassium, which can help promote a healthy blood pressure by offsetting the negative effect of sodium (salt).





Lower-carb *bread* and *wraps*

They're the workhorse of many work or school lunches, so keep them tasty *and* healthy

►► Wholegrains are an important component of a healthy diet as they provide a chunk of our daily fibre intake and a good mix of the vitamins and minerals required for good health. Bread and wraps are a great way to help you reach the daily recommended target of 48g wholegrains per day.

If you are looking for a lower-carb bread or wrap, look for one that meets the following criteria, and check out our selection of favourites. ■

LOWER-CARB BREAD	LOWER-CARB WRAP
• Less than 10g carbohydrate per slice • At least 7g fibre per 100g • No more than 400mg sodium per 100g	• Less than 18g carbohydrate per wrap • At least 7g fibre per 100g • No more than 550mg sodium per 100g

product review

HERMAN BROT

• Lower Carb Bread

Available nationally in selected independents and health food stores, \$6.99.



DL
loves

BAKERS LIFE

• 85% Lower Carb Higher Protein Bread

Available in Aldi, \$4.99.



DL
loves



BARLEY+

• Whole Grain Barley Wraps

Available in Coles, \$5.

SIMSON'S PANTRY

• Activated Charcoal Wraps

Available in Coles, \$4.20.



BURGEN

• Rye Bread • Soy-Lin Bread

Available in Coles and Woolworths, \$5.



MISSION

• Low Carb Wraps

Available in Coles and Woolworths, \$5.

ABBOTT'S VILLAGE BAKERY

• Sandwich Thins (Mixed Seeds & Grain)

Available in Coles, Woolworths and selected independents, \$4.



HELGA'S

• Lower Carb Wholemeal Wraps • Lower Carb 5 Seeds Loaf • Lower Carb Wholemeal & Seed Loaf

Available in Coles, Woolworths and independents, \$5 (wraps) and \$5.40 (loaf).

Light on carbs

Eating fewer carbs doesn't mean missing out on flavour. Check out these lighter ideas from our food editor *Alison Roberts*

SUPERMARKET CRUSH

Say yes to bread!

The Herman Brot Protein Bun is about to hit the market, so keep your eyes open! With only 7.7g carbs, a GI of 31 and 19.3g protein per bun, it is one not to miss. The Herman Burger is made from pure plant protein, making it perfect for vegans and vegetarians, or for anyone looking for new ways to boost their protein intake. Try filling with a big helping of fresh rocket, sliced tomato, grated carrot and sliced beetroot for a tasty and filling lunch. For more information and stockists, visit hermanbrot.com.au.



KITCHEN TIP

Switcheroo

After a low-carb swap for some of your fave carbs? Why not try using zucchini noodles as an alternative to pasta! All you need to do is simply blanch them and use as you would pasta. You can buy pre-prepared zucchini noodles or make your own using a hand or machine spiraliser.

Or in place of rice, try cauliflower rice. Again, this can be purchased

pre-prepared or you can make it yourself. Simply cut cauliflower into small florets and then blitz in a food processor until almost rice-like in texture. To prepare, simply steam, microwave or follow packet instructions. Try it as a side dish as an alternative to rice, or use in place of rice to make a low-carb version of fried rice (best to steam, then stir-fry when using this way).

Quick

LOWER-CARB BREKKIE IDEAS (*<30g carbs per serve*)

- 1 cup fresh berries with 175g tub diet yoghurt
- 1-2 slices of lower carb breads (see Product Review, page 80) topped with one of these:
 - 1/3 cup reduced-fat ricotta
 - 1 Tbsp no-added sugar and no-added salt peanut butter
 - Sliced tomato
 - 50g salt-reduced smoked salmon and cucumber slices
 - 1/2 small avocado



In my food world, there is no fear or guilt, only joy and balance

– Ellie Krieger,
Nutritionist

WE'RE NOT YOLKING!

Find it hard to cook that perfect boiled or poached egg, well then Breville's EggsPERT is for you. It cooks, poaches and steams eggs without the guesswork. Simply add the recommended amount of water for your preferred texture, then set and forget. For more information and stockists, visit breville.com/au.



LOWER-CARB SNACKS

(*<15g carbs per serve*)

- 175g diet yoghurt
- 20-30g unsalted nuts
- 1 cup fresh berries
- 20g cheese stick
- 2 tsp no-added sugar, no-added salt peanut butter spread on a large celery stick
- Small tin of tuna (95g)
- 1 cup vegie sticks with 1-2 Tbsp cottage cheese
- 1 hard-boiled egg
- 1 cup homemade air-popped popcorn ■



Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
				
H ₂ O	Start each day with a glass of water. You should have 6-10 glasses a day			
Breakfast	Cauliflower & parmesan fritters with roasted tomatoes (page 78)	Green smoothie (page 79) 	Fruit & nut muesli with yoghurt (page 77)	Mushroom, corn and parmesan omelette (page 78)
Optional snack	1 orange	1 slice Burgen Wholemeal & Seeds toasted with 2 Tbsp reduced-fat ricotta	1 small apple 	Beetroot orange & ginger juice (page 65)
Lunch	Lemon marjoram sardines with walnut & pepper dressing (page 61)	Creamy sweet corn & mussel chowder (page 48)	Lamb cutlets with minty broad bean mash (page 57), plus 150g strawberries	Chicken with quinoa Greek salad (page 58)
Optional snack	Spinach and cream cheese dip (page 64) 	1½ cups chopped watermelon	2 Vita-Weats each topped with 1 tsp hummus & sliced tomato	175g tub Yoplait Forme & ½ pear
Dinner	Korean sesame pork stir-fry (page 38) <i>Pictured above</i>	Turkey patties with Greek salad (page 23) <i>Pictured above</i>	Soy roasted Asian greens and salmon (page 23) <i>Pictured above</i>	Cauliflower, leek and cheddar soup (page 24) <i>Pictured above</i>
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	¾ cup frozen berries, warmed and topped with ½ cup diet yoghurt	90g Skinny Cow Double Choc Sundae	1 cup skim milk with flavoured Sippah straw	1 small banana (70g)
Exercise	Aim for 20-60 minutes of moderate exercise each day			

it's easy!



Boost your carb intake

When it comes to carbohydrate requirements, it is a very individualised aspect of diabetes management, and there is no one-size-fits-all approach. We recommend you see an Accredited Practising Dietitian to get tailored advice on how to best manage your diabetes, blood glucose levels and carb quantities.

In this issue of *DL* we have made a mix of delicious lower-carb meals and snacks, but if these are too low in carbs to meet your requirements, here are some tips to boost the carb quantity:

- **Add 1-2 slices** of wholegrain bread to your meal.
- **Add a serve** of fruit to your meal or snack.
- **Throw in legumes** such as red kidney beans, lentils or chickpeas to salads and soups.
- **Boost your veggie** serves with additional potato, sweet potato or corn.
- **Serve main meals** with a side of steamed brown rice, quinoa or boiled wholemeal pasta.
- **Finish your meal** with a small glass of skim milk or a small tub of yoghurt. ■

Please note this is a lower-carb issue of Diabetic Living Magazine and hence this menu planner is also lower in carbs. Take care to adjust the recipes to meet your own individual carbohydrate requirements.

THURSDAY	FRIDAY	SATURDAY
		
depending on your exercise levels		
2 boiled eggs on 2 slices Burgen Wholemeal & Seeds bread & ¼ small avocado	Fruit & nut muesli with milk (page 77)	Crepes with yoghurt, fruit & maple syrup (page 77)
30g unsalted mixed nuts 	Salmon and rocket muffin (page 64)	1 fresh date & 20g unsalted mixed nuts
Salmon with potato, tomato and corn salad (page 56)	Roast capsicum and lentils with walnut and lemon topping (page 45)	Beef pho (page 47) 
2 small mandarins 	2 kiwifruit	3 Vita-Weats with 30g reduced-fat cheese & sliced tomato
Roasted cauliflower, pumpkin & lamb salad (page 24) Pictured above	Massaman beef curry (page 22) Pictured above	Chicken, spinach and cauliflower pie (page 49) Pictured above
have a couple of alcohol-free days a week		
¾ cup frozen berries, warmed & topped with ½ cup diet yoghurt	Mini chocolate soufflé puddings (page 70)	Soft meringues with poached strawberries (page 72)
Always discuss your exercise plans with your doctor first		

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

▶▶ Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main

meal of the day). When we say, “as an occasional dish”, it should only be eaten as a treat, such as once a fortnight.

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*

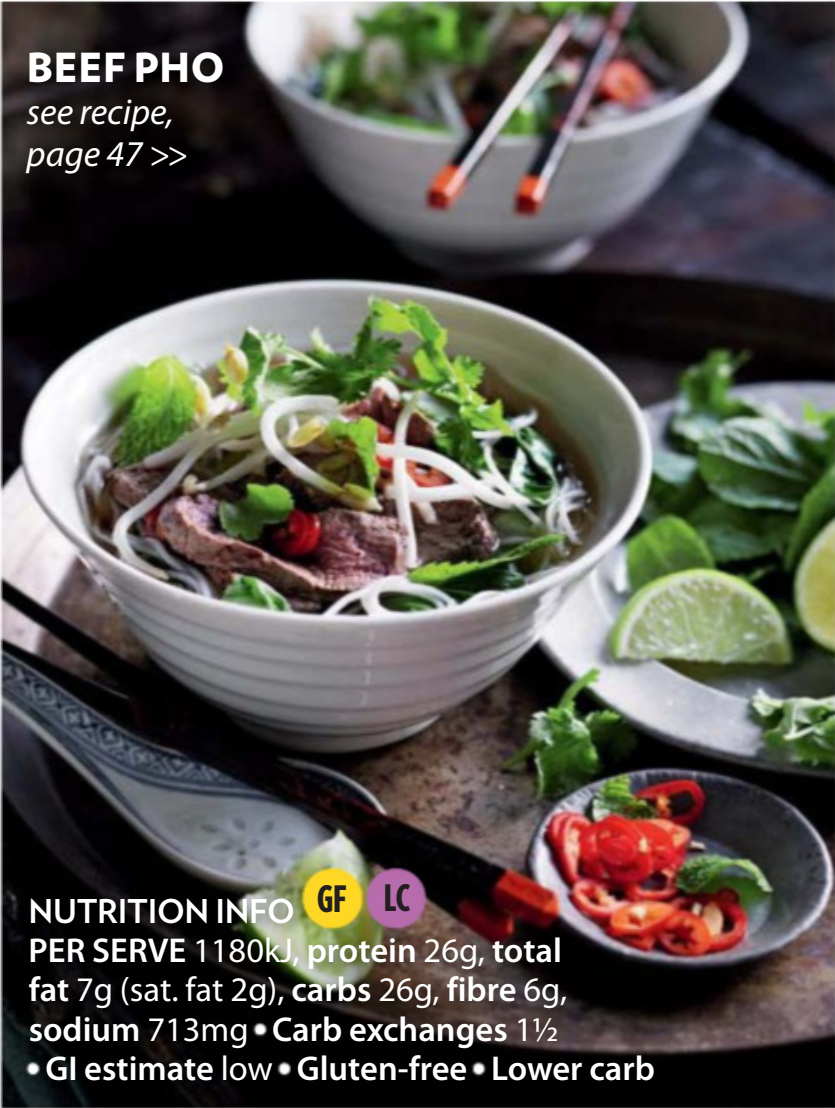
Kilojoules 8700kJ	To lose weight*
Protein 80g	Protein 65g
Total fat 70g	Total fat 45g
Saturated fat 24g	Saturated fat 15g
Carbs 270g	Carbs 180g
Fibre 30g	Fibre 30g
Sodium Less than 2000mg	Sodium Less than 2000mg

* These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.

CUT OUT & KEEP



BEEF PHO
see recipe,
page 47 >>



NUTRITION INFO

GF **LC**

PER SERVE 1180kJ, protein 26g, total fat 7g (sat. fat 2g), carbs 26g, fibre 6g, sodium 713mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free** • **Lower carb**

Brand names
We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute
Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of

granulated sugar substitute.

Optional ingredients
Whenever we list an ingredient as optional, it isn’t included in the nutrition analysis and it’s up to you if you want to use it.

Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

living well

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

*One kind word
can warm three
winter months.*

– Japanese proverb

PHOTOGRAPHY GETTY IMAGES



Carb FAQ

Good carbs, bad carbs, how much and what's keto? There are so many questions about carbs, here are the answers you need to know

▶▶ What are carbs and can I eat them if I have diabetes?

Carbohydrates (carbs) include both starch and sugars in foods and drinks. When eaten, our body breaks them down to the single molecule glucose and releases it into our bloodstream, causing a rise in blood glucose levels (BGLS).

People living with, or at risk of, diabetes do not need to

avoid carbs. Carbs are an essential source of energy for the body and are therefore a very important component of a healthy, balanced diet.

Aim to spread your intake of carbohydrates evenly over the course of the day. The amount of carbs you need to eat at each meal to manage your BGLs will vary from person to person. An Accredited Practising Dietitian can help you determine this.



What foods contain carbs?

Carbohydrates are found in a wide variety of foods and drinks – some are healthy options and some not so.

HEALTHY SOURCES OF CARBOHYDRATE	UNHEALTHY SOURCES OF CARBOHYDRATE
■ Grain-based foods such as breads, breakfast cereals, pasta, rice and quinoa ■ Starchy vegetables, including potato, sweet potato, corn and legumes (e.g. chickpeas and lentils) ■ Most fruits ■ Fruit juice ■ Some dairy foods, for example milk and yoghurt	■ Processed foods such as chocolate, lollies, cakes, biscuits, pies, pastries and ice-cream ■ Some alcoholic drinks ■ Soft drinks and cordials 

Can I eat sugar?

There are two types of sugar found in foods – naturally occurring sugars and added sugars. Naturally occurring sugars are present in healthy foods such as milk and fruit and are perfectly fine to include as part of a healthy, balanced diet.

Added sugars have been added in the manufacturing of foods. It is recommended to limit foods high in added sugars that offer little to no

nutritional value, such as lollies, chocolate, cakes, biscuits, ice-creams, etc.

Some healthy foods may have a small amount of added sugar to improve the palatability of the food and make it more appealing to eat, such as yoghurt. Healthy foods do not need to be avoided, but it is still important to consider your overall carbohydrate requirement in choosing your portion.

HOW MUCH CARBOHYDRATE SHOULD I EAT EACH DAY?

When it comes to carbohydrate requirements, it is a very individualised aspect of diabetes management and there is no ‘one-size-fits-all’ approach.

Generally speaking, the minimum amount of carbohydrate recommended is 130g per day based on the energy and glucose requirements of the central nervous system. Depending on your size, activity level and diabetes medication, your individual carbohydrate requirement may be far higher than this.

The Australian Dietary Guidelines recommend carbohydrate foods make up 45-65 per cent of your total daily energy intake, with protein comprising 15-25 per cent and fat 20-35 per cent.

We have used this as our guide when putting together the menu planner each month and your daily allowance guide; see page 86 for ‘Our Food Explained’.

We recommend that you see an Accredited Practising Dietitian to get tailored advice on how to best manage your diabetes, blood glucose levels and carb quantities. ➤

carb facts

WHAT CARBS ARE BEST TO MANAGE BGLS?

Choose carb-containing foods higher in fibre and lower in added sugars, salt and saturated fats and, when possible, those that are lower Glycemic Index (GI), such as: **Fruits:** apples, oranges, pears, stonefruits, bananas etc. **Wholegrain:** breads, wholemeal pasta, brown rice, quinoa, sweet potato, corn and legumes. **Milk and yoghurt.** When choosing your food portion consider your individual needs to best manage BGLs. If unsure speak with an Accredited Practising Dietitian.

What is carb exchange?

One carb exchange is equal to 15g of carbohydrate. We include carb exchanges in all our recipe nutrition information rounded to the nearest half or whole exchange. Some people find it easier to track and manage carb intake by counting exchanges, while others count total grams. Whichever way you choose, it's important to always count total carbs, not just sugar, as both sugar and starches will have an effect on BGLs.

FOOD	1 carb exchange (15g)
Bread	1 slice
Cooked rice	1/3 cup
Cooked quinoa	1/2 cup
Cooked pasta	1/2 cup
Apple, orange, pear	1 medium
Watermelon	2 cups, diced (about 320g)
Strawberries	1 1/2 punnets (about 400g)
Blueberries	1 cup (about 150g)
Kiwifruit	2 fruits
Potato	150g
Zerella Spud Lite Potato	170g
Sweet potato	100g
Corn	100g cob or 1/3 cup kernels
Canned chickpeas, drained	2/3 cup
Canned red kidney beans, drained	1/2 cup
Canned lentils, drained	1/3 cup

What is a low-carb diet?

A low-carb diet typically contains 50-70g of carbs per day and a very low carbohydrate diet generally has less than 50g of carbs per day. If you choose to follow a

lower carb diet it is important you discuss this with your healthcare team to ensure your BGLs are managed and medication/insulin dosages adjusted accordingly.

WHAT IS A keto diet?

A ketogenic diet is a very low carbohydrate diet consisting of no more than 50g of carbs a day. It contains a moderate amount of protein and high intake of fats, which is broken down into ketone bodies to be used as the main energy source for body functions. There is limited research on the effects and it's not recommended for the general population. If you choose to trial it, first speak with your healthcare team.

WHAT IS A paleo diet?

This diet is based on the Paleolithic era and typically includes lean meats, fish, fruits, vegetables, nuts and seeds, while limiting dairy products, legumes, potatoes, refined sugar and grains. Since this diet tends to limit higher carbohydrate containing foods it does tend to be a lower carbohydrate diet.

Are there any potential concerns or risks in following a lower carbohydrate diet? Any diet that restricts whole food groups can put you at risk of nutritional deficiencies. Plus, any diet that limits your carb intake below your individual requirements to best manage your BGLs could put you at increased risk of hypoglycaemia, depending on your diabetes medication and/or insulin dose.

Always speak with your healthcare team and consider enlisting help from an Accredited Practising Dietitian before starting any diet regimens to ensure you are managing your diabetes and overall health and wellbeing. ■



COUNTING CARBS

eating out

DL dietitian & diabetes educator *Dr Kate Marsh* explains how you can become an expert carb counter, wherever you are

▶▶ Carb counting can be one of the more difficult parts of managing diabetes, but is essential for those taking insulin. Even at home, when you have products with nutrition panels in front of you and various measuring tools, it still isn't always simple. But eating out is another matter. A combination of unfamiliar foods, large portion sizes and unknown ingredients often makes estimating the carbs in your meal a challenge. Fortunately, there are ways to make this easier. ▶

Sauces and dressings are counted



Master carb counting at home

The more you measure your carbs accurately at home, where you have all the tools you need, the easier it will be to make a good estimate of the amount in your meals when eating out. Try to regularly measure carb foods such as pasta, rice, grains, legumes and starchy vegetables, and see what they look like on your plate. Then, when dining out, you'll be able to take a look at your meal and make a reasonable guess at how many carbs it might include.

Depending on how good your memory is, you might want to keep a list of commonly eaten foods and their carb

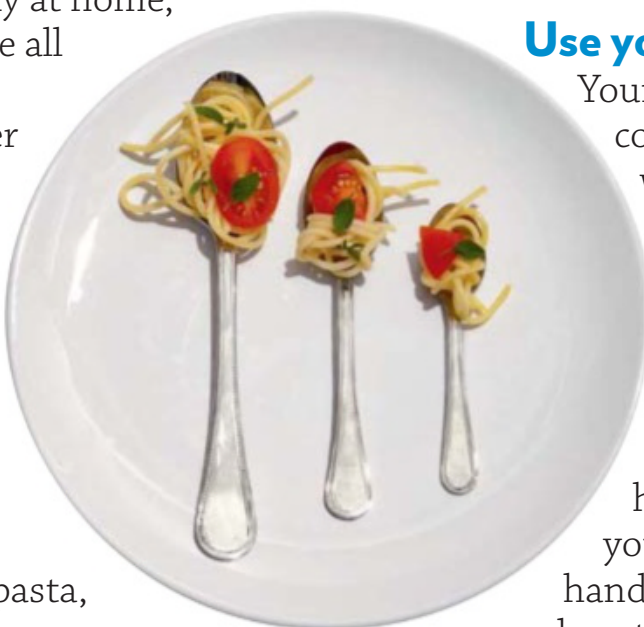
counts in your phone or a small notebook that you can carry with you.

Use your hands

Your hands can come in handy when you are out without your usual measuring tools. While it obviously depends on hand size (if you have large hands they may underestimate your

carb intake), these guidelines give a quick and easy way to estimate portion sizes:

- **Tip of thumb (to first knuckle) is about 1 teaspoon.**
- **Whole thumb (to second knuckle) is about 1 Tablespoon.**
- **Tight fist is about ½ cup.**
- **An open handful is about 1 cup.**



Use carb-counting books and apps

There are many different books, websites and apps providing nutrition information, including details for restaurants and cafes. While meals can obviously vary widely in their ingredients and serving size, if it's an unfamiliar dish, this can still give you a starting point to work from.

Good options for Australian foods are the Traffic Light Guide to Food (visit trafficlightguide.com.au) pocketbook or phone app and the Calorie King (visit calorieking.com.au) website or phone app.

Check for nutrition information instore or online

While it varies between states within Australia, most large fast food chains are now required to provide nutrition information for their menu items to assist customers in



choosing what to order. This information has to be displayed at the point of sale, but is also usually on their website.

You might want to take a look before you head out, to help decide what to choose and to work out the carbs in advance. That way you can relax and enjoy your meal, rather than worrying about carb counting when you arrive. Or, you can look up the carbs instore or on your smartphone when you place an order.

Don't forget sauces and dressings

It can be easy to overlook the carbs in sauces, marinades and dressings, particularly when your homemade varieties are often carb-free. But, just because you don't add sugar or other sweeteners, that doesn't mean a restaurant won't.

In Asian cooking, in particular, sugar is often added in cooking, so you may need to add this to your carb count.

It's not just the carbs

While carb counting is important, we now have research to show that fat and protein can also affect blood glucose levels and insulin needs. This is more likely to be an issue when eating out, as meals are often higher in fat and protein than those we eat at home.

So, if you're confident in your carb counting but still end up with higher blood glucose levels every time you eat out (particularly the following morning), speak with your diabetes team about whether you would benefit from learning to adjust your insulin doses for meals higher in fat and protein.

Remember, carb counting isn't easy, particularly when you are away from home. So, if your blood glucose levels don't end up where you expected after enjoying a meal out, you can always correct (with extra insulin or food) and use this information to make a different decision next time around. ■

Matching insulin to carbs

If you take insulin, it's important to match your insulin doses with the amount of carbohydrate you eat. You may be taught to adjust your insulin dose to the amount you eat, or you might be recommended a set dose of insulin along with a certain amount of carbohydrate to aim for with each meal. Being able to match your insulin to carbs gives you more flexibility when eating out as you can adjust your dose to accommodate meals with more or less carbs than you usually eat. If you are on set doses of insulin you will need to look for meals that provide the right amount of carbs, or you could ask your diabetes team if you can learn to adjust doses when eating away from home.

Balance your life

Tips for looking after yourself on the go

Living with diabetes isn't always smooth sailing; it can be challenging and you may feel as though you are going off course at times. Here are some simple tips on how you can live a more balanced lifestyle.

1. GET MOVING

Exercise plays an important role in managing diabetes. Don't make exercise a chore, make it something you enjoy. Some ideas are taking a walk outside, or participating in dancing lessons or yoga.

2. SUPPORT NETWORK

Surround yourself with like-minded individuals who will help you stay on track. They can help keep you motivated and provide new tips and advice when times get tough.

3. HEALTHY EATING

A healthy diet is crucial for anyone living with diabetes. Eat foods that are packed with fibre, high in protein and low in saturated fat to help manage your blood sugar levels.



QUICK TIP
PREPARATION IS KEY.
DON'T GET CAUGHT OUT –
CARRY A SNACK WITH
YOU WHEREVER
YOU GO!



Health from the inside out

The Glucerna® health shake makes a great snack option, with these added benefits:*

- ✓ Contains prebiotic fibre to support healthy gut function¹.
- ✓ Contains healthy fats such as omega 3s to help support a healthy heart².
- ✓ Contains low-GI carbohydrates to help minimise spikes in blood glucose levels³.
- ✓ Made specifically for those managing blood sugar levels eg. people with diabetes or with impaired glucose tolerance.

AVAILABLE IN QUALITY PHARMACIES. FOR MORE INFORMATION AND SOME DELICIOUS RECIPES USING GLUCERNA, GO TO [GLUCERNA.COM.AU](https://www.glucerna.com.au)

Glucerna
SCIENTIFICALLY FORMULATED FOR PEOPLE WITH DIABETES

*Formulated for people with prediabetes and diabetes, as part of a diabetes management plan including diet and exercise. 1. Sabater-Molina M et al. J Physiol Biochem. 2009 Sep; 65 (3):315-28. 2. West SG et al. Diabetologia 2005;48:113-122. 3. Glucerna powder (S434.185) Product Label. Glucerna is a Food for Special Medical Purposes. Use under medical supervision. ®Registered trademark of Abbott Australasia Pty Ltd. ABN 95 000 180 389. Customer Service 1800 225 311. ANANZGLU190023.

NATIONAL DIABETES WEEK

14-20 July



*It's about time to take
the early detection of
diabetes seriously*

BROUGHT TO YOU BY

Glucerna
SCIENTIFICALLY FORMULATED FOR PEOPLE WITH DIABETES

THE TIME IS NOW



National Diabetes Week runs from 14-20 July and this year's campaign is continuing to focus on the early detection of diabetes

►► “It’s about time we detected silent undiagnosed type 2 diabetes,” says Professor Greg Johnson, Diabetes Australia CEO. “Many people have type 2 diabetes for up to seven years before being diagnosed and during that time up to half begin to develop a diabetes-related complication.”

Recent research found that only 5 per cent of Australians aged over 40 have had a type 2 diabetes risk check in the past two years, despite the fact that experts estimate up to 500,000 Australians could have undiagnosed type 2.

In addition, more than half of people surveyed were unable to name any diabetes related complication even though type 2 is a leading cause of vision loss, limb amputation, kidney damage, stroke and heart attack.

“The tragedy is that much of the damage to the body that causes diabetes-related complications like vision loss, kidney damage, heart attack, stroke and limb amputation is preventable,”

PEOPLE SHOULD LOOK FOR THE 4 Ts:

- **THIRST** – are they really thirsty and unable to quench that thirst?
- **TOILET** – are they going to the toilet a lot?
- **TIRED** – are they more tired than usual?
- **THINNER** – have they recently lost weight?

If you see these early signs, see a doctor straight away and ask about type 1 diabetes.

says Professor Johnson.

Diabetes NSW & ACT CEO Sturt Eastwood encourages people to take the free type 2 diabetes risk assessment. “Type 2 diabetes is the single biggest challenge confronting Australia’s health system and it’s time we did a better job of detecting type 2 earlier,” he says. “The earlier a diagnosis of type 2 occurs, the

sooner a management plan can be put in place delivering better outcomes for the individual and the community.

People, particularly parents, also need to be aware of the warning signs of type 1 as more than 600 Australians every year are hospitalised as a result of undetected type 1 – with many of these being young people.

“Every year around 640 people, including many children, only learn they’ve got type 1 after presenting to hospital, often with diabetes

ketoacidosis,” says Professor Johnson. “This can be life threatening. But most of the hospitalisations could be avoided if the early signs were identified and the type 1 diabetes treated before progressing to ketoacidosis.”

Professor Johnson believes everyone should learn the early signs. “Type 1 is far more common than most people think. Over 3000 Australians are diagnosed with type 1 every year. Half of these are children and adolescents,” he says. ■

SHAKE *things up!*

Can a shake really help
you lose weight healthily?
Dietitian *Susie Burrell* has
the lowdown



▶▶ **With so many Australians managing both pre-diabetes and diabetes** there is much interest in foods and supplements that may aid blood glucose control. A visit to a pharmacy will reveal a growing range of drinks, shakes and powders specifically developed for those with high blood glucose levels. But, do these work? Who are they best suited to and what is the best way to incorporate them in your diet?

Generally speaking, diet shakes are polarising. Some people swear by them, and others think that we should be eating whole foods and not liquid meals. The reality is not all shakes are the same and there is a wide range of products available, ranging from full meal replacements to protein powders to more specific formulations developed for individuals with diabetes. On the whole, these products act to replace the key nutrients of a meal in a lower-

calorie mix. While these will support relatively quick weight loss, the loss is rarely sustained once the shakes stop.

The difference between a general meal replacement and a diabetes-specific product is a diabetes product is generally a specialty formulation that has scientific evidence to support its use in helping to lower BGLs. These products will often have a lower GI – meaning they help to control BGLs after eating – and specialised formulations of proteins and fats to help lower the insulin response over time. Consuming these regularly as part of a kilojoule and

carbohydrate-controlled diet has been proven to help reduce BGLs over time, aiding in diabetes management.

When it comes to positive dietary changes, the key to success is consistency. Drinking a shake occasionally is unlikely to have any long-term benefit with regards to blood glucose control. Rather, BGLs will improve when there are daily improvements in diet that replicate improvements in glucose levels over time; this is where a formulated diabetes shake can come in handy.

Whether you use it as a lunch or breakfast replacement, or a sweet yet nutrient-rich snack to help manage the munchies, this daily dose of nutrition will give you the dietary consistency to reap the potential glucose-related benefits. The key is to incorporate the product consistently into your diet. In general, people do best when they have strong dietary habits and routines. ■



When it comes to positive changes the key is consistency



For more information,
visit sugardrop.ca.

Fourteen-year-old Kate Beaulieu is raising awareness of the importance of an early diagnosis, through her brand Sugardrop

▶▶ “I was sick for what felt like forever, and I wasn’t getting better,” explains Kate. Her mum, Karan, first took her to the paediatrician, just after Christmas 2016, when the then 12-year-old was sent home with the flu. A second trip to the doctor led to a diagnosis of pneumonia and Kate was put on antibiotics. During this time, she missed a lot of school and dance, had zero energy, was constantly thirsty and went to the bathroom more than usual. However, it wasn’t until her vision blurred and she began vomiting that her parents really started to worry, insisting on blood tests after the third doctor’s visit. One hour after the test, they received the call to take Kate to the emergency room at their children’s hospital in Ottawa, Ontario, where she was told her BGL was 44mmol/L

SUGARDROP

sweetwear

WORDS ELLIE GRIFFITHS PHOTOGRAPHY SUPPLIED BY BEAULIEU FAMILY, JEMMTALE PHOTOGRAPHY

(in Canada the normal range is 4.0-7.0mmol/L, while in Australia it's 4.0-7.8mmol/L). Kate finally received her official diagnosis: type 1 diabetes.

Following the diagnosis, the Beaulieus were encouraged to get involved in the upcoming Juvenile Diabetes Research Foundation (JDRF) annual walk, that coming June. They asked friends and family to join them on their team 'EradiKate T1D' and began brainstorming fundraising ideas, including selling 'EradiKate' shirts at their neighbourhood garage sale. "After we found out the team shirts wouldn't arrive on time, I said 'Let's make some Sugardrop shirts to sell,'" explains Kate, who took inspiration from the first shirts she made with her mum – ironed-on mandala-type drop designs – for her recent birthday party. They made 50 shirts for Sugardrop and sold them all. By the time the walk was done, they had raised more than \$6500.

"This really hit me, as I realised then that I wanted to sell clothing and that I could do it with something that tied in with my new life as a type 1 diabetic," Kate explains. "It was a productive distraction from my new diagnosis and it helped me focus on something positive."

Wanting something more meaningful in her designs, Kate worked with a graphic designer to come up with the official 'drop' logo (see earrings, right). "The main drop outline represents the single drop of blood needed for early diagnosis of type 1," says Kate. "The smaller drops inside represent the drops of blood that

type 1 diabetics must take multiple times a day to test their blood sugar. The linked drops, in the middle, represent the type 1 community and that we are all connected; and finally, the small drops surrounded by the larger drops represent that no matter how bad our diabetes gets, we are never alone."

By the end of October 2017, the website launched with a story that can easily be shared – all it takes is a single drop of blood to be tested for an early diagnosis, which can save your life. "My proudest moment was when a teen reached out to say that when she was sick she saw the early signs of type 1 on my website, showed her mum, and was diagnosed early," says Kate.

Since then, Kate has made TV appearances, attended numerous events, donated Sugardrop items for silent auctions and continued promoting her brand, raising awareness and sharing her story.

Currently, 10 per cent of Sugardrop's net profits go to JDRF, but this passionate teen is hoping to get involved with projects that have a real impact on those who need it most. "I learnt through a type 1 diabetic social influencer – who

travelled to Africa and met diabetics who walk four hours, once a month, to a small clinic to get their insulin and supplies, and then have to ration their supplies until the next visit – that there are so many people around the world who are not as fortunate and I want Sugardrop to make a real difference," says Kate. "Even helping one person makes a difference." ■

**One
Sugardrop
can save
a life –
Your life.**

BEHIND THE NAME

★ Kate, like others, hated the needles at first. "Mum used to try and make my finger pokes funny and say it was time to get that 'sugardrop,'" which referred to the drop of blood needed to test her BGLs, she says. "At first I found it annoying, but then I said 'Hey that's a cool name for a company for diabetes'"



THE 10 FACTS AND FIGURES



To mark National Diabetes Week, here's info on everything from how many Aussies have it to how a small boost in blood glucose control can cut your risk of diabetes-related complications

1 **The number of Australians** living with diabetes has tripled since 1990. That makes it the nation's fastest-growing chronic condition and the biggest challenge facing Australia's health system.

2 **About 280 Australians** develop diabetes every day. That's roughly one person every five minutes. In total, 1.7 million Australians have diabetes. About 85-90 per cent of them have type 2, while 10 per cent have type 1.

3 **Indigenous Australians** are almost four times as likely to have diabetes. They're also at a significantly greater risk of diabetes-related complications, with a 10-fold higher risk of kidney failure and an eight-fold higher risk of high blood pressure.

4 **For every four adults in** Australia who have been diagnosed with diabetes, there's another person living with it, undiagnosed. Yet only 5 per cent of Australians over 40 have recently used the online Australian Type 2

Diabetes Risk Assessment Tool (diabetesaustralia.com.au/risk-calculator), which assesses a person's risk of developing diabetes in the next five years.

5 **Type 2 diabetes** costs the Australian healthcare system \$6 billion per year. In addition, the total annual cost of type 1 is \$570 million.

6 **Eliminating obesity** would mean at least 40 per cent fewer cases of type 2. And for people living with pre-diabetes, making lifestyle changes, including doing 30 minutes of physical activity each day and losing as little as 5 per cent of body weight, reduces the risk of developing diabetes by nearly 60 per cent.

7 **Only 50 per cent** of Australians living with diabetes have adequate control of their blood glucose levels. And poor blood glucose control means a much higher risk of developing diabetes-related complications. 'Adequate control'

is described as reaching the glycaemic target of HbA1c <7%.

8 **Two thirds** of all heart disease-related deaths in Australia occur in people living with diabetes or pre-diabetes. Diabetes is also the leading cause of blindness in working-age Australians and the most common cause of kidney disease.

9 **Effective treatment** of type 2 halves your risk of experiencing the most severe diabetes-related complications – including heart attack, stroke and vision loss – when blood glucose levels, blood pressure and cholesterol levels are closely monitored and controlled.

10 **Even reducing HbA1c** by just 1 per cent has a significant effect. A small improvement in glycaemic control reduces the risk of amputations by 20 per cent, end-stage kidney disease by 40 per cent and advanced eye disease by 42 per cent, even when other things, such as weight, are unchanged. ■

Find the balance you need

Make Glucerna® a part of your day

MANAGE YOUR BLOOD SUGAR LEVELS

We all know that skipping meals and making poor food choices is not a good idea when it comes to managing blood sugar levels and weight gain. At times, managing diabetes is really difficult – and that's where Glucerna can help, as part of a diabetes management plan*. Glucerna is a nutritionally complete and balanced low-GI drink that has been specially formulated for the nutritional needs of people with diabetes¹. Ask your pharmacist for your free sample sachet** today!

Why Glucerna®?

Glucerna® is a delicious health shake that provides complete and balanced nutrition for people with diabetes or impaired glucose tolerance. It is made up of slow-release carbohydrates which help manage blood sugar levels¹.



AVAILABLE IN QUALITY PHARMACIES. FOR MORE INFORMATION, AND SOME DELICIOUS RECIPES USING GLUCERNA, GO TO GLUCERNA.COM.AU

Glucerna®
SCIENTIFICALLY FORMULATED FOR PEOPLE WITH DIABETES

1. Glucerna powder (S434.185) Product Label. *Formulated for people with prediabetes and diabetes, as part of a diabetes management plan including diet and exercise.
** If Glucerna is not available at your local pharmacy, please call the Abbott customer service line at 1800 225 311. Glucerna is a Food for Special Medical Purposes.
Use under medical supervision. ®Registered trademark of Abbott Australasia Pty Ltd. ABN 95 000 180 389. Customer Service 1800 225 311. ANANZGLU190024

health check

AVOIDING *the cut*

Here in Australia, someone has a limb amputated every two hours as a result of diabetic foot disease. That's 12 people every single day!



▶▶ Amputation in Australia is the second-highest rate in the developed world. But why is it happening? What is the reality of life as an amputee? How can you avoid becoming another statistic? We've got the answers for you.

"I used to think having diabetes was like having a cold – a bit annoying, a bit inconvenient, but nothing too serious," says 53-year-old Rod Winton from his home in Perth. "That was until I had to have some toes amputated from my right foot four years ago. I was dumbfounded. I couldn't believe it was all happening as a result of my diabetes."

Diagnosed 10 years ago with type 2, Rod suffered another blow at the start of 2018: now his left foot was under siege.

"I went to bed one Friday night, feeling a bit 'off', and by Saturday morning my little toe was completely black. Over the next two weeks, I had multiple surgeries, losing all my toes on that foot and eventually having to have the entire top section of my left foot removed. I was incredibly lucky not to lose my lower leg, but it hit me hard, and not just physically. That's the thing about amputations."

"I couldn't work, we nearly lost the house and it took a full year until I could even put weight on my left foot or submerge it in water, because the wound took so long to heal thanks to the complications of being a diabetic."

"You might think losing a few toes is nothing to worry about, but until you've experienced it, you can't understand. Apart from anything else, I've fallen over that many times, it's unbelievable." ▶



On the road to amputation

The majority of diabetes-related amputations – including Rod's – are preceded by foot sores or ulcers. "The problem was I'd lost most of the feeling in my feet, so by the time I knew something was up, it was too late," he says.

Amy Rush, an accredited practicing dietitian and WA's 2018 Credentialed Diabetes Educator of the Year, says that's a common story. "Two common complications of diabetes – peripheral neuropathy, which is damage to the nerves, and peripheral arterial disease, where the arteries narrow and reduce blood flow to the limbs – impact both a person's ability to detect any trauma to the foot, and the body's ability to heal it," she says. "Left unnoticed and therefore untreated, the trauma can then develop into a foot ulcer or infection, and if that's left too

long, an amputation may be the only option."

Rush says on top of not being able to feel a wound in the early stages, a lack of understanding about how real the risk of amputation is also plays a role. "People are often blindsided by how rapidly the progression from wound to amputation can occur," she says. "The level of urgency isn't elevated in their minds, which may be due to a lack of knowledge around the causes of diabetes-related amputations, or the idea that it won't happen to them."

Something else most people probably don't know is the same ulcers that can bring amputation can even be fatal. According to Diabetes Australia, patients with diabetic foot ulcers have morbidity and mortality rates on par with aggressive cancers.

Given that 85 per cent of diabetes-related amputations, including ones like Rod's, and right through to below-knee amputations, are preventable, it's also heartbreaking.

"I'm a lot healthier now and so much more vigilant about my feet than I was back then," he says, "but I can't turn the clock back."

Life as an amputee

Rod's advice is to be prepared for a long recovery if you have an amputation. "One of the things that shocked me after surgery was that the wound was left open, rather than being stitched up," he says. "It looked like an axe had been dropped on my foot and the healing process was incredibly slow."

Dr Carsten Ritter, a specialist vascular and endovascular surgeon at Western Australia's Fiona Stanley Hospital, performed all of Rod's complex surgeries, managing to save both his legs. "Wound healing is prolonged in diabetics because blood supply is impaired and infection is already present in most wounds," says Dr Ritter. And it's the existence of infection that means surgery

Diabetic foot disease costs \$1.6 billion each year

wounds are often left open to heal, a technique called 'healing by secondary intention'. "That healing process can take several months," he says.

And, while losing toes or a partial limb is life changing, a below-knee amputation can understandably have even more of an impact. Melissa Noonan, the CEO of Limbs 4 Life, an organisation that provides support to amputees, says everything from your sense of independence to your lifestyle and family dynamics may change. "You also have to remember that you can't even consider being fitted for a prosthesis until your wound has healed," she says.

"Even when you're ready for that step months down the track, learning to walk safely on

a prosthesis takes an enormous amount of time and energy – when you're starting out, you'll only be able to wear it for 30 minutes at a time. And, because walking with a below-knee prosthesis requires about 45 per cent more energy, it can have a knock-on effect for your blood glucose management."

Then there's the fact that once you've had one amputation due to diabetic foot disease, your risk of it happening again is significantly higher. Dr Ritter explains: "Roughly 35 per cent of diabetics will develop a foot ulcer in their lifetime and around 20 per cent of those people will have some form of amputation. And unfortunately, one in two people who've had one amputation will have another at some stage."

"That's partly because the diabetic neuropathy which makes you prone to developing another ulcer doesn't go away. But it's also because when you alter the shape of the foot with an amputation, you create new pressure points that weren't there before, in places on the foot that aren't used to it. So, in treating one problem, you create another."



COUNTING THE COST

Diabetic foot disease is Australia's least known major health problem, costing the nation \$1.6 billion each year. About \$875 million is spent every 12 months on diabetes-related amputations alone, with each procedure costing the public health system \$23,500, and an additional \$6000 per year, afterwards. Prostheses are also funded by the public health system, as well as the National Disability Insurance Scheme. In response to the spiralling costs, Diabetes Australia's 4400 Reasons to End Amputations campaign is working to raise awareness, with the aim of ending most diabetes-related amputations within a generation. Visit diabetesaustralia.com.au/4400-reasons for more information.



How to avoid becoming a statistic

The good news is there are things you can do to avoid developing a foot ulcer and the likelihood of an amputation if an ulcer does occur. These three strategies are a good place to start:

1 Monitor and control your blood glucose levels. High BGLs, along with high fat levels, in the blood are the major cause of the diabetic neuropathy that can lead to the formation of a foot ulcer. In fact, good glucose control in people with type 1 can reduce the risk of developing neuropathy by 60 per cent.

Rush says adopting a lower carbohydrate approach to managing diabetes can help with blood glucose control. “We know that carbohydrates directly impact blood glucose levels, so it makes sense that decreasing the amount of carbohydrate in the diet can help to reduce high blood glucose and minimise blood glucose fluctuations,” says Rush. “A lower-carbohydrate

diet is also effective as a weight-loss tool, and any weight loss in those who are overweight can go a long way towards improving insulin sensitivity and overall blood glucose management.”

Plus, alongside high blood pressure and smoking, being overweight is another risk factor for diabetic neuropathy.

“If you are thinking of reducing your carbohydrate intake,” says Rush, “make sure you speak to your diabetes team first, about adjusting your diabetes medication.”

2 Take care of your feet.

Check your feet, including between your toes, the soles and even your lower legs, for cuts, sores, bruises, redness or any other signs of injury or damage, at least once a day. Also pay attention to any corns and calluses that appear, as they can be a warning sign an ulcer is forming if you’ve already got

limited feeling in your feet. You should also take care to wear shoes that fit you well, both inside and out. And get your feet professionally inspected at least once a year, but more frequently if you’ve already experienced problems with your feet.

3 Get any damage treated immediately. Remember that at least four out of five diabetes-related amputations are preventable if wounds on the feet are detected and treated early. “Don’t just think it’ll heal on its own,” says Rush. “All diabetes-related foot ulcers need to be managed by a podiatrist, doctor or wound care nurse.”

So, if your feet show any sign of an injury, or you notice swelling, pain, throbbing, changes to skin colouration or temperature changes, make an appointment with your doctor or podiatrist as soon as possible. ■

Manage your type 2 diabetes with a health professional. Selected TerryWhite Chemmart locations offer Diabetes MedsCheck, to help you to get the most out of your meds.

MOVEMENT AS *medicine*

Working muscles are sugar-burning powerhouses. Here's how physical activity impacts your blood glucose, even hours after you stop sweating

BEFORE EXERCISE

At rest, two hormones from your pancreas – insulin and glucagon – play opposing roles to keep your blood glucose stable: insulin moves sugar into your cells and glucagon shuttles sugar out of your cells. After you eat, sugar and other nutrients are released into your blood from your intestines. Insulin levels rise to move that sugar into your cells, including muscle and liver cells, to be used or stored. Between meals, glucagon levels rise to maintain your BGLs by releasing that stored glucose back into your bloodstream – preventing lows.

DURING EXERCISE

THE WARM-UP

It's time to get your heart pumping. As you start to move, your muscles use their own stored sugar as well as sugar from the bloodstream to make an energy compound (called ATP) that helps them contract. And soon, your hungry muscles need more sugar to make that fuel. So your body gradually lowers insulin levels and raises glucagon levels to release more stored sugar (from your liver) into your bloodstream for muscles.

At rest, muscles require insulin to absorb glucose, so how does that released sugar enter active muscle cells with only a small amount of insulin? First, working muscles place more transporters on the surface of their cells that act like doors for insulin to deposit sugar into. The more doors, the more sensitive cells are to insulin, even with less of it floating around. Second, active muscles can also absorb glucose on their own without insulin, so less insulin is needed. Both pathways prompt muscles to absorb excess glucose, helping to lower high BGLs.

THE WORKOUT

At this point you're in the swing of your activity, be it dancing, walking, swimming or a body-weight circuit. To keep your muscles happy, your body releases other hormones, such as adrenaline, that free even more stored glucose from the liver.

During intense activities (think: short sprints with little downtime or a hard lifting session), adrenaline may release more sugar than your muscles can use, which can raise blood sugar for up to 2 hours post-exercise. This temporary spike is common and typically does not impact your HbA1C, though it may need to be balanced through food or medicine (see Working Out with Insulin, top right).

Working Out with Insulin

How muscles use glucose during exercise is the same for all people. But people with type 1 and those who take insulin often need to take extra steps to avoid swings and lows during activity. This may mean adjusting insulin or eating a source of glucose before or during exercise. If BGLs rise after a hard effort, it may seem intuitive to treat raised levels with an insulin dose, but this

rise is temporary and taking insulin could increase the risk for a delayed low.

Navigating your body's response when on insulin can be frustrating, but finding a regular exercise routine that works for you is possible. Have patience with yourself and take the necessary precautions: check your BGLs beforehand, pack a source of glucose and listen to your body.



AFTER EXERCISE

While you cool down, catch your breath and sip water, your muscles and liver are still hard at work absorbing sugar out of the blood to replenish their stores for next time. And those good effects that happened during exercise – improved insulin action and sensitivity – may remain enhanced for up to 48 hours post-sweat!

Heart-pumping aerobic activities aren't the only form of exercise that's beneficial: resistance training can also increase glucose uptake and reduce insulin resistance. That's why combo workouts (think: water aerobics, body-weight circuits or even walk-then-lift sessions) may be the most effective for blood glucose management. ■



5 WAYS TO AVOID WINTER WEIGHT GAIN

▶ Worried about winter weight gain? Colder temperatures and more time indoors can provide a good excuse to eat more and move less, with the potential to add a few kilos during the season. If you have a history of gaining weight at this time of year, the good news is there are things you can do to avoid it.

Before we talk about how, though, it can help to understand the reasons why we might gain weight during the colder months.

● **We move less.** Unless you're an avid skier and migrate to the snow come winter, chances are you'll be moving less once the temperature drops.

Not only are the days shorter, colder weather also makes it easier to hit the snooze button in the morning, rather than heading to the gym, and to curl up in front of the heater with a good book or movie after work rather than heading out for a walk.

Even incidental activities such as gardening, mowing the lawn and spring cleaning tend to happen less in the colder months.

● **We eat more.** The cooler weather can increase appetite, and spending more time indoors

provides more opportunities to eat.

Winter food is often heavier and higher in energy than lighter summer fruits and salads, and this can lead to weight gain, particularly in combination with being less active.

● **We crave carbs.** Levels of the feel-good hormone serotonin – which affects our mood, energy levels and appetite – fall during winter.

Interestingly, researchers have shown that levels of serotonin transporters (which remove serotonin) in the brain are higher in winter than summer, which can explain why some people experience depression or a low mood at this time of the year. Eating carbs increases serotonin levels, so carb cravings are a way of our body trying to boost serotonin levels and make us feel better. Carb cravings are one of the symptoms of Seasonal Affective Disorder (aka SAD), although this condition isn't common in Australia due to our mild winters.

● **We get sick.**

While illness isn't confined to winter, colds and flu are more likely to strike at this time of the year, mainly due to the fact we spend more time inside and in close contact with others.

Being unwell can make it harder to exercise and eat well, and can disrupt the good habits we might have built up during the warmer months.

● **We keep (too) warm.**

Some researchers have suggested that our obsession with indoor heating and avoiding the cold could be playing a part in the obesity epidemic.

While you might think getting hot and sweaty burns more calories, it actually takes more energy for your body to warm up than cool down.

We're not suggesting you freeze on those cold winter days, but turning down your heating will not only save money and the environment, it might also be good for your waistline!

1 Don't cut carbs

... but be choosy about the ones you eat. Carbohydrate foods are important for energy, and the right type of carbs provide important nutrients for good health. They also stimulate the production of serotonin, which elevates mood, so cutting them out could leave you feeling down. But, not all carbs are created equal, so for maximum benefit choose nutrient-dense, high-fibre options such as minimally processed wholegrains, legumes and lower GI varieties of fruits and starchy vegetables. These foods help keep energy levels and blood glucose levels stable and will fill you up for longer.

2 Eat to boost your immune system to help stay well

Vitamin C, vitamin D and zinc are particularly important in maintaining a healthy immune system. Foods rich in vitamin C include citrus fruits, berries, kiwifruit, capsicum, tomatoes, spinach and broccoli while

vitamin D is obtained mainly from the sun but is also found in oily fish, eggs and dairy foods. Lean meat, poultry, fish, seafood, eggs, legumes, nuts, seeds, wholegrains and dairy foods are good sources of zinc.



3 Get enough sleep

Studies have linked poor sleep with an increased risk of obesity and type 2 diabetes. Lack of sleep has been shown to worsen insulin sensitivity and blood glucose levels and to increase hunger and appetite via changes in appetite hormones. Sleep is also important for our immune system, and one study found those who slept less than seven hours per night were three times more likely to develop a cold compared with those who slept for eight hours or more. ➤



health check



4 Choose hot drinks wisely

Hot drinks are more appealing on a cold winter's day, but the kilojoules can add up quickly if you aren't careful

about your choices.

Steer away from hot chocolate, mochas and super-sized coffees and don't add cream or sugar.

Try alternating or swapping milky drinks for green tea or herbal teas.

Exercise is the fastest way to warm up!

5 *Stay active*

Don't let the cold weather be an excuse not to move. After all, exercise is the fastest way to warm up!

What's more, research has shown people who do moderate-intensity exercise can reduce their risk of developing a cold by about 50 per cent and, if they do get sick, the symptoms are less severe. While it's good to get outside for your daily dose of vitamin D, if the weather doesn't permit, there are plenty of indoor options – check out our cold weather exercise options (opposite). If you usually exercise outside, the key is to have a back-up plan in place!



COLD WEATHER EXERCISE OPTIONS

- **Swimming** – if you have access to a heated pool, there's no reason to pack away your swimsuit for the winter. Many local councils, schools and fitness centres have indoor pools available for lap swimming and aqua classes, so check out what's available in your area.
- **Online exercise classes** – a quick search will find plenty of these to choose from (both free and paid), including aerobics, resistance training, dancing, pilates and yoga.
- **Resistance training** – a home-based resistance training program (using light weights, resistance bands and your own body weight) is a great indoor option you can do at home with minimal equipment. Start by seeing an exercise physiologist who can write you a tailored program, advise you on what equipment to get and monitor your progress.
- **Exercise classes** – indoor classes are a great option for winter and aren't just restricted to gyms. Many local councils, community groups and hospitals hold exercise classes you can join, from gentle exercise, yoga and tai chi through to dancing and strength training.
- **Home exercise equipment** – if you're not keen to walk outside in the colder months and don't like the gym, consider an exercise bike or treadmill for home. You can buy or hire them, so if you prefer walking outside, most of the year you could just hire one for the winter months – most places have a minimum hire period of three months. ■

Waist-friendly winter meal ideas

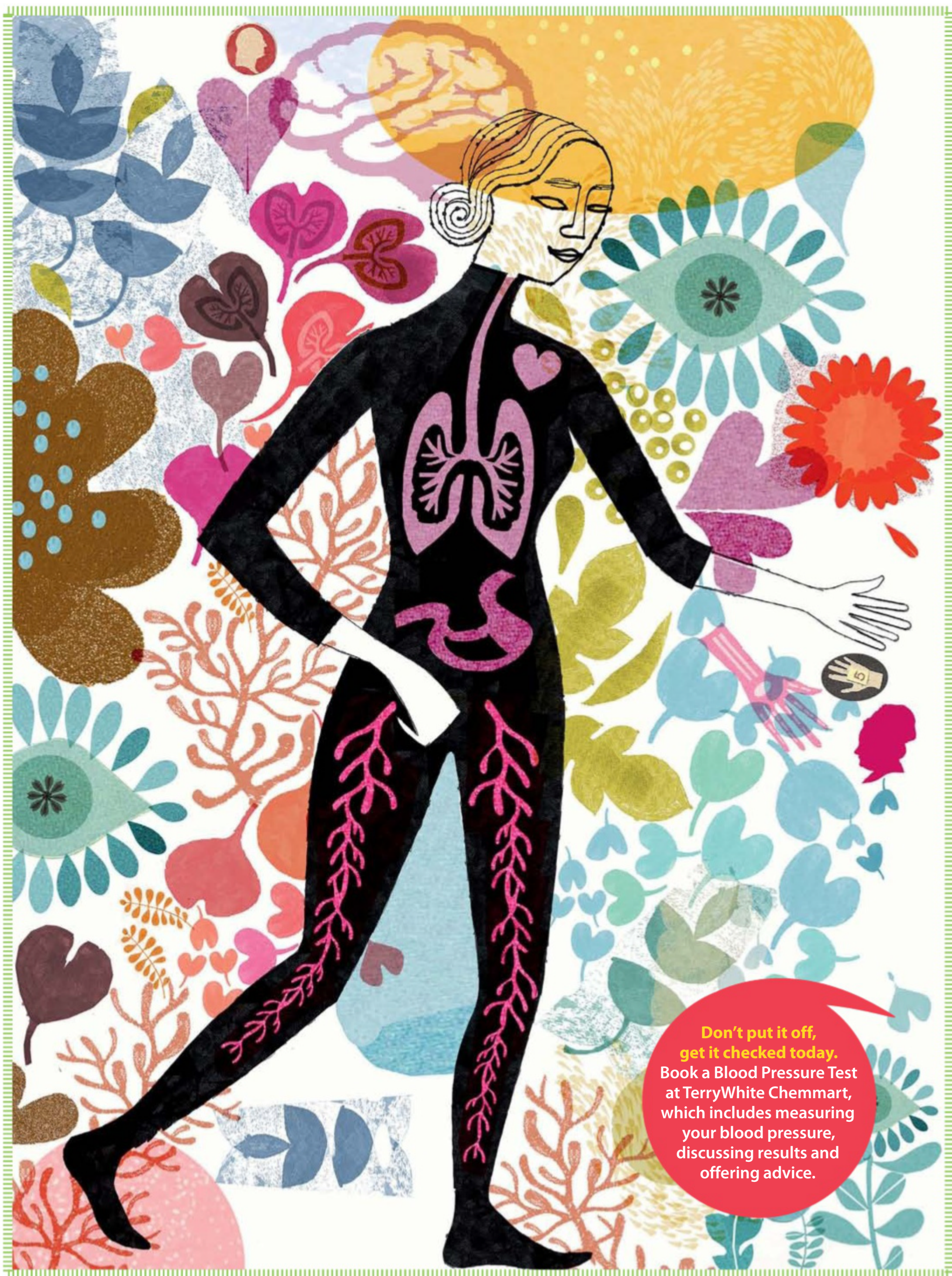
* **BREAKFAST:** Try a bowl of warm porridge (using steel-cut or traditional rolled oats) with stewed apple and cinnamon for sweetness.

* **LUNCH:** Soups filled with vegetables, legumes and wholegrains (such as minestrone or pumpkin and red lentil) make the perfect winter lunch. Make a big pot on the weekend and freeze in individual portions, ready to take to work.

* **DINNER:** Casseroles and curries can be made ahead of time so they are ready to heat and serve when you arrive home. Use lean meats and chicken, legumes (such as beans, chickpeas or lentils) and lots of vegetables, combined with canned tomato, stock and fresh or dried herbs and spices.

* **DESSERT:** Baked apples or poached pears with a dollop of Greek yoghurt make a warm and tasty dessert. Or try making your own apple or pear crumble using natural muesli for the topping.





**Don't put it off,
get it checked today.**
Book a Blood Pressure Test
at TerryWhite Chemmart,
which includes measuring
your blood pressure,
discussing results and
offering advice.

THE KEYS TO YOUR *heart*

Overwhelmed by managing diabetes and caring for your heart? Focus on these areas for max benefit

▶▶ When you have diabetes, you may be focused on managing your BGLs. But it's important to also think about keeping your heart healthy. Over time, high BGLs can damage blood vessels and the nerves that control them, so people living with diabetes have an increased risk of heart disease and stroke, explains Dr Clyde Yancy, chief of cardiology at Northwestern University and a spokesperson for the American Heart Association. But, even when you have diabetes, heart disease isn't inevitable, and there's a lot you can do to lower your odds, says Dr Yancy. Focus on these areas for a healthier heart.

Heart-Healthy Numbers

You probably already know your HbA1c and what your goal range should be. But keep an eye on blood pressure and cholesterol numbers, too. Diabetes Australia recommends that people with diabetes aim for a blood pressure of under 130/80mmHg, but you and your doctor might decide a more accurate target that's right for you. They also recommend keeping triglycerides under 2mmol/L and aiming to keep HDL cholesterol (the good kind) over 1mmol/L, as well as checking your cholesterol levels at least once a year.

Smart Tweaks To Your Diet

Focusing on increasing heart-healthy fats and lowering

saturated fat and sodium can help reduce your risk of heart disease and stroke. A great way to do this is to focus on eating more plant-based foods such as fruits, veggies, whole grains, legumes and nuts, and heart-healthy oils such as olive and canola oil, as well as eating fewer highly processed foods. This style of eating not only protects you against heart disease, it also can help you manage your diabetes, especially when you stick within a kilojoule range that doesn't lead to weight gain, says Jeffrey Mechanick, a diabetes specialist.

You don't have to be a gourmet chef to tweak your eating style. Simple, small changes such as eating tuna or salmon twice a week, snacking on a small handful of nuts every day, and keeping an eye on your salt intake can go a long way. Another smart tweak is to add more produce to your meals – the Australian Dietary Guidelines recommend 5 servings of veg and 2 servings of fruit per day. Consider adding some shredded carrots or zucchini to your pasta sauce, or check out our healthy options from page 18. Want more guidance? Try following either the Mediterranean Diet or the DASH diet, both of which have been shown to lower the risk of heart disease.

Get Moving

Staying active improves insulin sensitivity, lowers BGLs and

boosts overall heart health by keeping your blood vessels flexible and strong. This means not only aiming for regular exercise, but also trying to move more throughout your day. The Australian Exercise Guidelines recommend accumulating 150-300 minutes of moderate exercise per week (that's a minimum of 30 minutes per day, five days per week), plus aiming to get up and move every 30 minutes to avoid prolonged sitting. If you can't squeeze in a full half-hour of exercise at once, it's fine to divide it into 10- to 15-minute chunks of activity. To get started, turn to page 124.

Take The Right Meds

The more often your BGLs are in a healthy range, the lower your risk of developing heart disease, stresses Evan Sisson, a certified diabetes educator. Consistently taking your diabetes medications – and maintaining a healthy lifestyle – will help reduce your overall heart disease risk, because it helps you manage your BGLs. But you may also require other heart drugs, such as statin, which helps to lower your cholesterol levels (and can sometimes also lower your triglycerides).

It's a good idea to regularly review your medication regimen with your doctor, because there may be new medications available that are more effective – or less expensive – than the ones you're currently on. ■

Beta-glucans AND DIABETES

DL dietitian & diabetes educator *Dr Kate Marsh* discusses one type of fibre, beta-glucans, and why it's worth adding these to your eating plan

▶▶ You've no doubt heard that it's a good idea to eat more fibre when you have diabetes. But not all fibres are the same. While all types of fibre have health benefits, and it's beneficial to have a variety of high-fibre foods in your diet, some forms of fibre have particular benefits when it comes to managing diabetes. Let's discuss.

What are beta-glucans?

Beta-glucans are a type of soluble fibre found naturally in the cell wall of grains, mainly oats and barley. Smaller amounts are found in certain types of mushroom (e.g. reishi, shiitake and maitake), yeasts, seaweed and algae.

Why are beta-glucans important if I have diabetes?

Beta-glucans have been shown to help with lowering both blood glucose levels and cholesterol levels, both of which are important when you have diabetes. By keeping blood

glucose and cholesterol levels in check, you can lower the risk of developing diabetes-related complications, including heart disease.

How do beta-glucans lower blood glucose levels?

When you eat beta-glucan-containing foods, the beta-glucans form a thick gel. This gel coats the inside of your small intestine, which slows down the absorption of carbohydrate from your meal. This is why several studies have shown that consuming beta-glucans before, or with, a meal reduces the rise in blood glucose levels after eating. Others have shown reductions in fasting blood glucose levels and HbA1c (a measure of your average glucose levels over the past 2-3 months) when beta-glucans are included in the diet regularly.





FIBRE EXPLAINED

Fibre is the part of food that is not digested in the stomach or small intestine. Found only in plant foods including wholegrains, fruit, vegetables, legumes, nuts and seeds, fibre plays an important role in keeping us regular and preventing constipation, feeds our good gut bacteria, and helps us to reduce the risk of bowel cancer. It can also help with satiety (making us feel fuller) and weight management. Some types of fibre (known as soluble fibre) can help to lower blood glucose and cholesterol levels.

There are two main types of fibre in foods – **soluble and insoluble**.

- **Soluble Fibre** is found in foods such as legumes, oats, oat bran, barley, psyllium, flaxseed and some fruits and vegetables. Beta-glucans are one type of soluble fibre.
- **Insoluble Fibre** is found in foods such as wholegrains, the skins of fruits and vegetables, nuts, seeds and wheat bran.

How do beta-glucans lower cholesterol levels?

Beta-glucans bind with bile acids in your intestine and excrete these in your stools. Bile acids contain LDL ('bad') cholesterol, so by binding to, and excreting, bile acids, beta-glucans reduce the amount of cholesterol that is reabsorbed by your body. Your liver also has to take more cholesterol from the blood to replace cholesterol in your bile acids. Together, these actions can reduce the amount of cholesterol in your blood.

How much do I need to eat?

Research shows that 3-4g of beta-glucans per day are needed to produce a significant blood glucose and cholesterol lowering effect. This amount is found in about 1.5-2 cups of cooked oats or 1.25-1.5 cups of cooked barley.

While including these in a single meal can help to improve your post-meal blood glucose level at that meal, to see a longer-term effect on blood glucose and cholesterol levels, you will need to include these foods in your diet

most days. See our tips below for ways to do this.

Ways to include more beta-glucans in your diet

The easiest way to increase your intake of beta-glucan is to include oats and barley in your diet regularly. Here are a few suggestions for incorporating these into your day:

- **Start the day** with a bowl of porridge or natural muesli (made from rolled oats or a combination of rolled oats and rolled barley).
- **Choose breads** and wraps containing oats and barley.
- **Use pearl barley** in soups, casseroles and salads. It also makes a great high-fibre lower Glycemic Index (GI) risotto.
- **Use rolled oats**, rolled barley and oat or barley flours in baking bread, cakes and muffins.
- **For a healthy dessert** make your own apple or pear crumble topped with oats mixed with chopped nuts and seeds.

If you don't like oats and barley, or don't think you can include enough of these foods each day, there

are also some food supplements providing a concentrated source of beta-glucans that you could consider. Available in a powder form, which can be added to smoothies, or a cereal you can eat alone or combined with other cereals, they can be a convenient way to get your daily dose of beta-glucans. These products also contain a form of beta-glucan that creates a thick gel better than regular oats and barley, which can make them more effective at lowering blood glucose and cholesterol levels. ■



DO YOU HAVE BLOOD GLUCOSE SPIKES AFTER MEALS? DO YOU HAVE HIGH CHOLESTEROL?

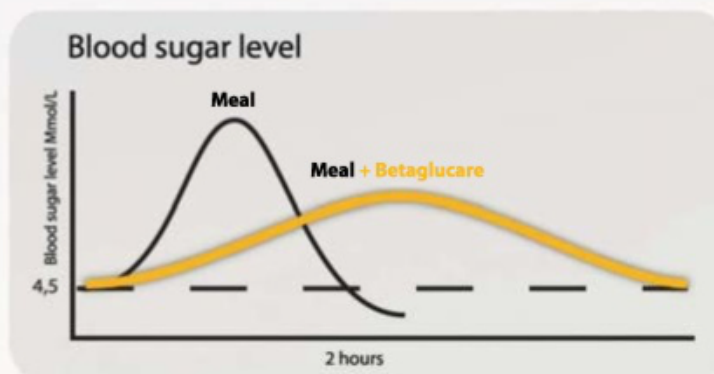
Betaglucare is a concentrated source of beta-glucan, a soluble fibre found in oats.

It is made from high quality Scandinavian oats containing high molecular weight (MW) beta-glucan.

When eaten in the required quantity daily Betaglucare reduces your LDL cholesterol and reduces blood glucose levels after meals. Studies have shown that high MW beta-glucans are more effective.

HOW DOES IT WORK?

The soluble fibre forms a thick gel in the gut when it reaches the stomach. The gel binds with bile acid which contains LDL cholesterol and then exits naturally. The gel also coats the inside of your small intestine, which slows down the absorption of carbohydrates from your meal. As a result, the rise in your blood glucose levels is reduced.



HOW DO I CONSUME IT?

The crispy oat hearts are ideal as a breakfast on it's own with milk or you can add fresh fruit, yoghurt or your favourite breakfast cereal. It's a low GI food in itself.



The powder is easy to add to your favourite smoothie. You can also mix it into a fruit juice. It's ideal to have with lunch or dinner to reduce blood glucose levels after meals.



HOW LONG UNTIL I SEE RESULTS?

For blood glucose reductions simply test yourself after the meal to see the difference, remember you need to consume Betaglucare before and with the main meal.

Cholesterol reductions take 8 to 12 weeks with daily consumption at which point we recommend a blood test and consultation with your doctor. Betaglucare added to your diet is an effective way to reduce LDL cholesterol if you are borderline in going onto medication.

Remember you must continue consuming it ongoing as part of a daily routine.

Betaglucare



Reduces LDL cholesterol*

* When eaten daily in the required quantity of 3g as part of a healthy diet low in saturated fat



Reduces blood glucose levels after meals**

** When 4 grams of beta-glucan is consumed along with 30-80 grams of carbohydrates.



Available from leading Pharmacies or visit www.betaglucare.com.au

For a **FREE SAMPLE*** email us at info@gatewaybrands.com.au with the words Diabetic Living in the subject title to request a sample of hearts and powder along with your postal address details. *while stocks last



Find us on
Facebook
(Betaglucare Australia)

GESTATIONAL
DIABETES



**Food
photographer
Amanda
Michetti was
surprised by
her diagnosis
of gestational
diabetes
and what
happened next**

‘A ‘glorious gift’ from my geriatric pregnancy’

▶▶ At 35, a year after marrying my partner of eight years, and right on cue, I fell pregnant. My husband and I knew how lucky we were that at our age it only took a few months.

Unlike some, I didn’t suffer morning sickness, which was a blessing because, as a food photographer, I was around food 24/7. I laughed with friends that my pregnancy was a ‘geriatric pregnancy’ since I was 35-plus. I certainly didn’t feel geriatric.

Like all pregnant women,

between the 26- and 28-week mark I headed to the clinic for my glucose tolerance test. I quietly smiled at the other pregnant women who were, like me, sitting in a chair for two hours after drinking a bottle of sugar and getting blood taken at intervals. One of the ‘perks’ of having a geriatric pregnancy is you are at a much higher risk of gestational diabetes (GD). Yay.

In the obstetrician’s office, the results came in. I was told my fasting reading was high. ▶

my story: gestational

I had gestational diabetes... just. I was on the borderline, but because of my age and weight, she thought it best I see an endocrinologist. I have no history of diabetes in the family, so I was flying blind and relying on professional help.

It wasn't just the hormones

After the first endocrinologist appointment, I found myself sobbing uncontrollably in my car. It was likely the pregnancy hormones that made me so dramatic, but it would have been classed as a terrible consult by anyone's standards. I left with absolutely no knowledge of what it meant to have gestational diabetes for me or my baby. I was just told to diarise everything I ate and register with NDSS (National Diabetes Services Scheme), and was handed a blood glucose test machine with no information on how to use it. I felt hopeless and completely unsupported.

Trying to set up the blood glucose monitoring machine at home in between sobs and shaking hands, I managed to completely void the needles as I tried to insert them into the lancet. This resulted in more tears. But I needed to check my glucose levels, so I had to get more needles. I drove to my local chemist and ended up sitting down with the pharmacist and assistant who could see how distraught I was. They told me everything I needed to know about the machine, how to use it, and sat with me as I did the first test. They even quietly suggested I think about changing doctors.

I gave the specialist one more chance and assured myself maybe the first appointment was just to



get to know me, and the second would be better. I won't bore you with details, but it was more of the same, including the sobbing. This time it wasn't the hormones, it was definitely them.

I emailed my obstetrician, who arranged for me to see another endocrinologist, who was a little further away but who, she assured me, was very good.

The difference between the two was like day and night. After the first appointment with the new endocrinologist I had hand-drawn diagrams explaining exactly what my body was going through and how this

affected my baby. I finally understood I could potentially manage it with just diet changes during my pregnancy. We worked out a management plan and I had her mobile number and every morning I was to text her my readings from the previous day. I even saw her dietitian and learnt about exactly what to eat to keep my glucose level low.

Monitor and modify

What I now know about

gestational diabetes is that during pregnancy, your body creates a hormone that, for some people, can cause your body to not process glucose properly. As the pregnancy progresses the hormone levels rise, and so does your inability to process glucose.

It didn't help that as a food photographer, I was working on a couple of big projects in the lead-up to giving birth that consisted of cake, pavlova and cookie recipes. It was a sugar overload and I couldn't taste a single recipe – talk about torture! I modified my diet significantly

and, towards the end of my pregnancy, even took walks after dinner to help manage my morning readings.

A healthy finish. Or was it?

In my final two weeks, I had insulin sitting in the fridge, waiting for the moment my levels rose too high. Luckily, it never got to that point and I was able to have my baby insulin-free. Sierra was born in November 2017 and, given I was overweight before falling pregnant, I actually got to the end of my pregnancy lighter in weight than before, thanks to a



LEFT AND ABOVE: Happy and photogenic Sierra was born healthy, and without Amanda needing insulin.

lot of new diet knowledge and my gestational diabetes.

I am now at a higher risk of developing diabetes later in life. It's another glorious 'gift' from my geriatric pregnancy and GD, so six weeks after giving birth I completed another test, which I will do yearly to ensure my body is on track.

Since having Sierra, I knew that something wasn't right with my digestion. I ignored it for a number of months because having your first baby is hard and all of your focus is on their needs instead of focusing on yourself.

I was constantly bloated, burped non-stop and had a general feeling of discomfort in my stomach. It took almost 12 months to even see the GP about it and, soon after, I found myself at a gastroenterologist.

One colonoscopy later (worst surgery prep ever) and I was

delivered the news that I was now lactose intolerant.

Dear dairy – no more dairy

In a million years I would never have guessed lactose intolerance was the reason for my problems. I had never had an issue having dairy and I have consumed a lot of it in my time. Greek yoghurt and fruit was my go-to breakfast every morning and I ate an inordinate amount of cheese, as cheese is a gift from the gods.

Lactose intolerance varies for each individual and I soon worked out what I can handle. I started by removing almost everything with lactose and slowly incorporated some back in to see how I felt. I have learnt that I need to avoid milk, cream, yoghurt and soft/tasty cheese but can consume smaller amounts of other items containing lactose, such as milk chocolate and butter. Hard

cheeses that have been aged are completely on the menu because the ageing process removes the lactose, which means most of my favourite Italian dishes are still allowed.

Almost immediately after removing lactose my body felt better. It was a relief to have an explanation for my digestion problems. It turns out, becoming lactose intolerant after pregnancy is a thing for a small group of people. Your body goes through an incredible amount of change while pregnant and some of us are forever changed.

I'm starting to think the health professionals were on the money when they referred to my pregnancy as 'geriatric'. Despite it all, I wouldn't change a thing because the joy Sierra brings us is immeasurable. That being said, there's no way I'm having another one. ■



TAKE A FURTHER 20% OFF
our already discounted prices



Save **BIG** on print and digital subscriptions plus special issues
Use discount code **EOFY20** and save **20% more**
But hurry! Sale must end 15 July 2019 – Subscribe now

 **subscribetoday.com.au**  **1300 668 118**

Offer valid for Australian delivery only. Recurring subscriptions continue until cancelled, cancel at any time and receive magazines through to the end of your last billing period. Subscriptions may not include promotional items packed with the magazine. This offer cannot be used in conjunction with any other offer and ends 15/07/19. Pacific Magazines Pty Ltd is collecting your personal information for the purpose of processing and managing your subscription. As a subsidiary of Seven West Media Limited, Pacific will handle your personal information in accordance with Seven's Privacy Policy, which is available on subscribetoday.com.au/privacy-policy

 **subscribetoday**
.com.au



After 10 years of living with type 2, Julie Knight decided to 'kick diabetes in the butt'. And so – as a mum who lives for her daughters – she did!

I'VE FLIPPED *diabetes* ON ITS HEAD

TYPE 2

▶▶ **When were you diagnosed with type 2?**

I was diagnosed about 10 years ago during a check-up. My blood glucose level was really high, at 22. My doctor said "Oh my God Julie, you're diabetic. I'm surprised you're actually not on the floor right now."

It wasn't surprising. I was severely overweight, I'd been eating badly and my nan is type 2. My weight became more of an issue after my eldest daughter, Brittany, was diagnosed with multiple sclerosis. I was very emotional, which I dealt with by eating. I put my head in the sand and said "I'm fat – this is just me." But it caught up with me.

I started getting numb toes

on my left foot and I couldn't feel hot or cold, or even pain. The doctor explained I had neuropathy in my feet. It was permanent.

He put me on tablets, but I just thought 'Oh well, it's just another thing I've got to deal with.' I'm a single mum, I work full-time and my two girls are my priority. My weight kept ballooning. I just thought 'I'm destined to be overweight for the rest of my life.'

You're looking so healthy now!

I've lost 50kg and my blood glucose levels are 6.1 (today), which is officially in the normal range. I've flipped diabetes on its head and I couldn't be happier. ▶



When I found out, I cried, and my doctor cried too!

What happened?

I got a real shock in late 2016 when my doctor said I had to take insulin and that if I didn't get my blood sugar under control, I'd lose my licence. It was really confronting. I had a little cry and thought 'I've severely stuffed up here.' But even that didn't get me motivated. I spent another year with my weight out of control, feeling tired and lazy. I hated exercising. I was exhausted, because when you're overweight, you don't even sleep well. The more people told me to lose weight, the less I wanted to do it. I wasted so much time being stupid and thinking 'the insulin will help, so I don't have to worry about eating healthy.' By this stage I was 150kg and a size 26.

Then Brittany's health started deteriorating faster than expected. I realised one day I was going to need to lift her, so I needed to be fit and healthy to do that. I was disgusted with myself for being lazy and not

thinking about what could happen. It was reckless. If I died, who was going to look after my daughter? So, in January 2018, I saw an ad for Weight Watchers on the telly and made my mind up. I was going to lose weight and kick diabetes in the butt!

What did you do?

I joined Weight Watchers and they sent me a little distance tracker. I followed the diet online. I had no junk food. And I started getting up at 5am every day to go for a walk. I'd wake up and go "Oh my God! I don't want to do this!" But I walked for 25 minutes every day, even in the rain. For the first couple of weeks it was hard. I had to push myself. But it was amazing; the weight started dropping off. I lost about 7kg in that first month.

I was so excited I thought I'd do a big walk around my area. So off I went, with the best of intentions, but 40 minutes later I was home and nearly dying. My body wasn't ready, so I went back to just 25 minutes. The weight kept dropping off and then I found I could walk further. Within a couple of months, I could do 2.5km.



FAR LEFT: Julie took action to become healthy for her daughters.
ABOVE: Before and after photos.
RIGHT: Exercise is now routine.

my story: type 2



How did your feet cope?

My feet were bad and they hurt every day. But then, on Mother's Day, my daughter bought me this terrific pair of proper walking shoes, which fitted me properly. They felt so comfortable, like slippers. I reckon I've walked about 1000km in those shoes now.

Have you done other exercise?

I just walked until I'd lost about 20kg, and I met someone at the park whose partner had lost 25kg. She told me about this cheap exercise class called On Top Fitness at the local school (in Coomera, Queensland). I had a lot of flabby excess skin and thought I could strengthen my arms a bit. So I went along, and they were so welcoming. There was no judgment; you could go at your own pace and there were people of all ages and sizes.

I've been going there twice a week since June, doing squats, weightlifting and sometimes a bit of boxing. After the first few times I was aching and couldn't work properly, but it isn't over the top. It has made me feel much stronger.

How hard was it to change your diet?

On my early morning walks I could smell sausage rolls at the bakery, so I used to run to get away. But one day I bought a sausage roll. I had two bites and thought 'This isn't as good as I thought it would be.' I was still craving a pepperoni pizza and a doughnut, but I didn't give in. I was sleeping better, my blood glucose numbers were coming down, and I could see it was actually working. Until then, if anyone had said I could get my diabetes to go into remission I would have laughed at them.

I found Weight Watchers good because I'm a busy person and I just wanted to eat normal food that was quick and easy to get ready. I used the app and had an online coach, which was great for those days where I felt like I just wanted to eat everything in the house. And I found the step tracker really helped to keep me accountable.

So your diabetes is now in remission?

Yes, my blood glucose hovers 6-7, so I'm officially in the normal range. My doctor says I'll never get rid of the diabetes, but there are now no signs or symptoms of it. My doctor was so proud of me. She'd been on my back about it for ages, but I had to do it for myself.

How do you feel about the new you?

I was worried about my loose skin at first, but I thought 'I'm going to wear that as a badge of honour, and there's always Spanks!' My supermodel days are over, but as long as I'm fitter and stronger I don't care about the loose skin.

My girls are so proud of me and they are still encouraging me every day. I'm five-foot-11 (180cm) and I'm now a size 18. I've got about 20kg to lose. My goal weight is 80kg. ■



I had two bites of a sausage roll and thought 'This isn't as good as I thought it would be.'

MOVE TO THE MUSIC

Go ahead, dance a little! Let this Zumba Gold-inspired workout, by former Rockette Joy Prouty, energise you to get moving

▶▶ Dancing is a way to break out of your daily rhythms and let loose. Many people dance because it feels good – it can boost your energy levels and improve your mood. But it's also exercise in disguise. "Enjoy the movement for fun, and fitness will be your reward," says Mary E. Sanders, a registered clinical exercise physiologist who helped create this dance series.

Music to our ears! Dancing is a full-body workout that's been shown to improve fitness and lower blood pressure and fasting triglyceride levels. Learning new movements can teach your body to respond faster to "surprises"

such as trip hazards, by creating brain-muscle memories that enhance balance, adds Sanders.

But what if you think you can't dance? "Dancing isn't about perfection, it's about being true to yourself and enjoying the music," says Joy Prouty, co-creator of Zumba Gold, a dance-fitness program with modified, low-impact moves designed for beginners and older adults. Her advice: "Begin slowly and learn the moves as you're comfortable learning them." Trust that the more you dance, the stronger you will become.

The workout

* **PREPARE** Clear your workout area and wear well-fitting shoes with wicking socks. When dancing on carpet, opt for shoes with smooth soles that allow you to pivot and move freely.

* **THE ROUTINE** Begin each move by standing tall with your arms relaxed at your sides. Start with Step 1 and continue on to Step 2 once you're ready. After some practice, put on your favourite music and try doing each move for a whole song, switching from Step 1 during each verse to Step 2 during the chorus. Follow the Posture Tips for best form.

* **THE GOAL** Learn the moves well enough to combine them into 20 minutes' dancing. Aim to do this at least three days a week.



STEP 1

TIGHTROPE WALK

Draw your shoulders down and back, keep your chest high, and engage your core as you take 3 steps forward, placing your feet in front of one another as if you were walking on a tightrope. On the 4th count, rock your weight forward slightly as you tap your trailing foot. Then, transfer your weight back onto that same foot, continuing to walk backward along the narrow path for 3 steps, tapping your heel at the end. Keep your eyes forward and go slowly enough that you can maintain your balance and form. Each step is one beat: Forward Step (1), Step (2), Step (3), Toe Tap Behind (4), Backward Step (1), Step (2), Step (3), Heel Tap in Front (4). Add in arm and hip movements that feel natural to you.

STEP 2

CRISSCROSS SIDE STEPS

Choose which side you'll travel to first. This is your "lead" side. Take one step out to the side with your lead foot, then cross your non-lead foot behind your lead foot. Take another step to the side with your lead foot, then cross your non-lead foot in front of your lead foot. Finish with one last step to the side, keeping your weight there, and tap your non-lead foot in to meet it. Then switch directions, leading with the other foot to take 6 cross-steps to the other side. Follow counts below.

NOTE If you've had a hip replacement or have other hip-related issues, don't cross your feet. Step your non-lead foot directly behind or in front of your lead foot instead. ➔

(1) Side Step

(3) Side Step

(5) Side Step

(2) Cross Behind

(4) Cross in Front

(6) Tap

POSTURE TIP #1

Tuck your chin slightly and look straight ahead.

THE TANGO WILL CHALLENGE YOUR BALANCE AND STRENGTHEN YOUR CORE AND BACK MUSCLES AS YOU ALTERNATE WALKING FORWARD, BACK AND TO THE SIDE.

Tango

exercise

Merengue

MARCHING IN PLACE HAS NEVER BEEN SO FUN! THIS GENTLE INTRO MOVE WILL HELP YOU WARM UP AND PRACTISE MOVING TO THE BEAT.

STEP 1

RHYTHMIC MARCH

While keeping both feet grounded and hips facing forward, slowly alternate bending one knee and then the other. If it's comfortable, try to bring your bending knee in towards the centre so that your hip drops down and to the side slightly. Gradually begin to lift the heel of your bending leg as you alternate and then, when you're ready, lift your full foot a few centimetres off the ground to march. Be sure to shift your weight side-to-side on your non-bending leg. To complete the move, bend your arms and swing the arm opposite to your bending knee across your body as you march.

POSTURE TIP #2

Keep your knees soft and slightly bent.

"For me, dance is fun and empowering. It's self-expression and release. It's going into that happy space."

— Joy Prouty

STEP 2

SIDE STEPS

Stay facing forwards as you take 3 sideways steps out to one side. On the 4th count, tap your foot (not putting any weight on it), then take 3 steps to the other side and tap. Each step equals one beat: count to 4 as you Step (1), Step (2), Step (3), Tap (4); Step (1), Step (2), Step (3), Tap (4). Continue to alternate sides.



Salsa

WITH THE SALSA, YOU SHAKE UP YOUR FOOTWORK: INSTEAD OF STEPPING TO EVERY BEAT, YOU STEP FOR 3 BEATS AND PAUSE FOR THE 4TH.

STEP 1

BACK STEPS

Step one foot behind you, rocking your weight back onto that foot. Step in place with your opposite foot, transferring your weight to this foot. Step your back foot forward to meet your front foot. Pause here and shift your weight so you're ready to step back with the opposite foot. Follow these counts: Back (1), Step (2), Together (3), Pause (4). Alternate the leg you lead with, so that each count of 4 begins with the opposite leg. Add in arm and hip movements to match the rhythm of your feet in a way that feels natural to you.

STEP 2

SIDE SQUAT

Keeping with the salsa rhythm, step out to the side (so your feet are about hip-width apart), then bend your knees and lower into a mini squat (see Tip, below). Bring your feet back together and pause. Then switch sides. Follow these counts: Side Step (1), Squat (2), Feet Together (3), Pause (4). Continue alternating sides. ➤



***TIP** To squat, sit back slightly (as if you were sitting in a chair), keeping your chest and head up, your arms forward for balance, and your knees behind your toes. You should feel most of your weight in your heels (not your toes). Lower down only as far as you're comfortable.



POSTURE TIP #3

Keep your ears, shoulders and hips all in a line.

Cumbia

STEP 1

SIMPLE ROCK

Place your hands on your hips. Pick one foot to stay in place while the other moves forward and back. With your moving foot, take a step forward and shift your weight onto this foot, rocking forward slightly. Step in place with your non-moving foot, shifting your weight to this foot. Step your moving foot back, shifting your weight back, then step again with your non-moving foot, shifting your weight again. Continue stepping forward and back to the beat: Forward (1), In Place (2), Back (3), In Place (4). After you've done this sequence four times, step your moving foot in to meet the other and shift your weight onto this foot. Pause here as you clap twice, then repeat on the other side.

POSTURE TIP #4

Focus on engaging your abs and back.



IN THE CUMBIA, ONE FOOT ACTS AS AN ANCHOR AS THE OTHER STEPS FORWARD AND BACK. PLACE YOUR HANDS ON YOUR HIPPS WHILE YOU LEARN THE MOVES, THEN ADD IN THE ARM MOVEMENTS.

STEP 2

SWEEPING ARMS

Perform Step 1 as instructed, adding the following arm movements. Place one hand on your non-moving hip and stretch the other arm up towards the ceiling, keeping a bend in your elbow. As you step forward, sweep your extended arm down to chop across your body. When you step back, sweep your arm back up. Remember to stand tall and chop through the full range of motion by using each muscle along your arm, chest and upper back. When you switch feet after 4 times through, switch arms as well. ■



10,000 steps

DARLING HARBOUR to MILSONS POINT

NEW SOUTH WALES

Take a moment for yourself before
walking through the heart of Sydney

▶▶ Beginning in the serene and secluded Chinese Garden of Friendship on the edge of Darling Harbour, you will find yourself surrounded by waterfalls, lakes, exotic plants, stunning pavilions and hidden pathways. Symbolising the friendship between Sydney and Guangzhou in China, the garden holds the five elements: wood, fire, earth, metal and water.

Focus on your breathing and rid yourself of any stress that may be building up, so you can enjoy the walk ahead of you. ▶

Sydney Harbour Bridge
from Milsons Point.

10,000 steps

When you're ready, turn right as you exit the garden and make your way through Darling Harbour towards Cockle Bay (when you hit the water make sure you go to the right of the bay to continue on this walk). You'll find yourself walking under the heritage-listed swing bridge crossing Cockle Bay. Known as Pyrmont Bridge, it's one of the world's oldest surviving electric-operated swingspan bridges, first operating in 1857, and was restored in 1988.

Continuing along the bay, you'll spot the HMB Endeavour Replica – a copy of the ship Lieutenant James Cook commanded in the British discovery of Australia's east coast – docked at the National Maritime Museum.

Don't stop now! Following Wulugul Walk you'll arrive at Barangaroo Point Reserve. Recently transformed from one of Sydney's oldest industrial sites into the city's newest harbour foreshore park, this open space consists of more than 75,000 native trees and shrubs, lookouts, walking and cycling trails, and more. Rich in Aboriginal and cultural history, be sure to explore this area, and take a moment to relax.

Upon leaving the park – heading towards Sydney Harbour Bridge – you'll walk past Walsh Bay's historic piers before continuing past the home of Sydney Theatre Company. If you have time, stop by to see what shows are coming up.

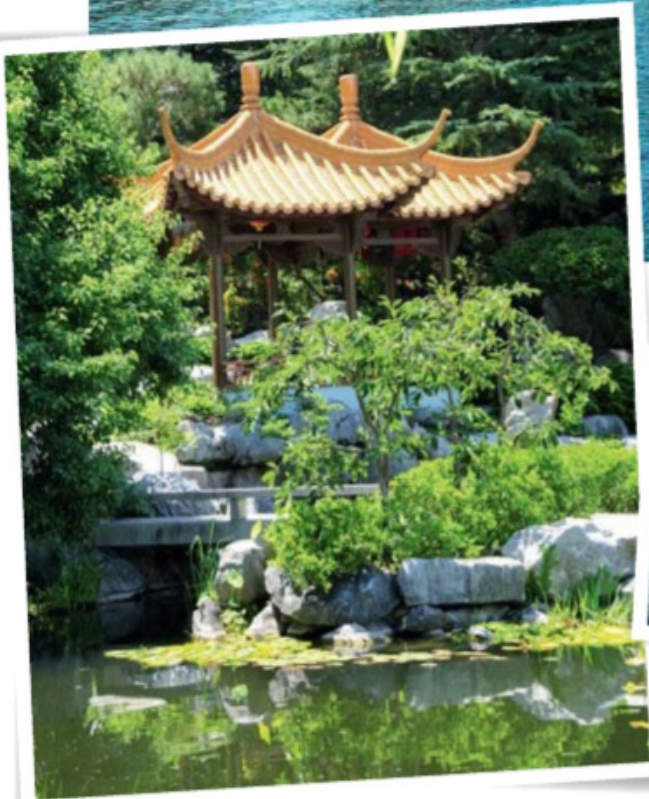
Along the waterfront, and under the bridge – don't worry, we'll be crossing it soon – you'll come across the Hickson Road

Reserve. This is the perfect place to admire the beauty and uninterrupted (except for the passing boats and cruise ships) view of the iconic Sydney Opera House. Following south along Hickson Road, you'll reach Circular Quay.

Our next section is the biggest part of our walk, so before we continue, head towards the

Museum of Contemporary Arts and the First Fleet Park for another break – and some serious people watching. If you're lucky there may even be a busker or two along the way.

Ready? Okay, let's do it. Make your way towards The Rocks, where some buildings from the 18th to early 20th century still remain. If you're fascinated by the



LEFT: Chinese Garden of Friendship. ABOVE: HMB Endeavour Replica moored in Darling Harbour.



Top Tip
 There are numerous parks and reserves along this walk where you can sit down and enjoy some pre-made lunch and snacks. Turn to page 62 for some easy snack-spiration!

MAIN: Darling Harbour.
 TOP RIGHT: Barangaroo Point Reserve.
 RIGHT: Hickson Road Reserve. BELOW: Luna Park.



stories of the past, join a Walking Tour at a later date, to explore the depth of the area's history. If today is Friday, Saturday or Sunday, take time to browse the markets located in The Rocks for a little something. For more information, visit therocks.com.

Following Argyle St towards the Bridge Stairs – there are many signposts that lead you in the right direction – you'll make your way up the stairs and onto the bridge. Don't worry, we are not climbing up the bridge, just walking across it.

The Sydney Harbour Bridge opened on 19 March 1932, after almost nine years of construction. It is a renowned international symbol of Australia, and is the world's largest and tallest (but not longest!) steel arch bridge.

This walk will take you from one side of the bridge to the other. Although it is fenced, the wind does pick up along the way, so if you are wearing a scarf or a hat, be sure to hold onto them tightly! Remember to also stop along the bridge and look back towards Circular Quay, to admire the beauty of the city.

You did it – well done. You crossed the bridge and should hopefully have hit your 10,000 steps mark!

If you notice the sun is soon to set, make your way off the bridge, past Milsons Point Station (or you can head home from here),

towards Luna Park along the water. Here, you can take a step back in time to relive the charm of Sydney's oldest amusement park. Entry is free, so you can celebrate the completion of your walk in style.

Or, make your way towards Bradfield Park, to lie down and watch the sunset over the west.

Alternatively, you can catch a ferry back to Circular Quay and make your way

down to Opera Bar (next to the Opera House), where you can watch the sun set behind the bridge. After all, you deserve to end your day on a truly memorable moment! ■



Feel better in 5

Big changes start with simple steps. Try these ideas to help improve your wellbeing

1 FLU SEASON

Doctors have warned this flu season could be the worst yet. And people with diabetes are three times more likely to be hospitalised and three times more likely to die from the flu (and complications such as pneumonia) than people who do not have diabetes.

By now, your flu vaccine should be working (people with diabetes are eligible for a free influenza vaccine each year), but there are other precautions you should take:

- Regularly wash your hands with soap.
- Cover your mouth and nose with a tissue, or your elbow, when you cough or sneeze.
- Immediately throw your tissues away.
- Do not share personal items (such as food and drinks, cups, plates or cutlery).
- Stay at home and keep warm.
- Keep up your fruit and veg to ensure you get plenty of vitamins.



BREATHING THERAPY

Tried everything under the sun to combat stress and enhance your general wellbeing, but struggling to see any improvement? Perhaps your breathing is holding you back.

Wait... hear us out! Did you know, you breathe about 22,000 times every day, although most of the time you are unaware of your lungs even working. Even though this instinct comes from our very first breath, as we age we adopt poor breathing techniques due to numerous factors, including high-pressure jobs, bad posture, emotional trauma and even restrictive clothing. This results in increased stress levels and anxiety, and a decrease in energy levels, and can further negatively affect your cardiovascular health.

Despite our lungs retaining 1 litre of air in our airways at all times, according to the Lung Foundation Australia, it's how we breathe that makes a difference. Even simply taking three deep breaths can bring about a sense of calmness. If you want to take this further, the hottest health and wellbeing trend is breathing therapy, or 'breathwork'. In these sessions you will learn correct breathing techniques, which help lead you to a healthier life. For more information, visit australianbreathworkassociation.org.



GIVE A LITTLE, GAIN A LOT

As chilly breezes roll through, remember to go check on your neighbours – especially the elderly and those who are unwell. If you find their home is cold, invite them over for a warming dinner (and show off your new favourite dishes, from page 18), pass on some spare blankets you may have lying around or offer to pick up their groceries. Or maybe you have a cupboard or box full of unused coats, hats, scarves and gloves? Pull them out of storage and donate them to shelters or a charity of your choice (such as XTM Heat the Homeless, The Smith Family or The Salvation Army) that accepts clothing donations.

A simple act of kindness has several positive effects on your mental health. Kindness is a natural painkiller, which ultimately lowers stress levels and improves mood, depression and anxiety. Kindness also elevates dopamine levels, which help you lighten up and feel good about yourself. And, most of all, it helps people who are struggling know there is hope and help when they need it. ➤

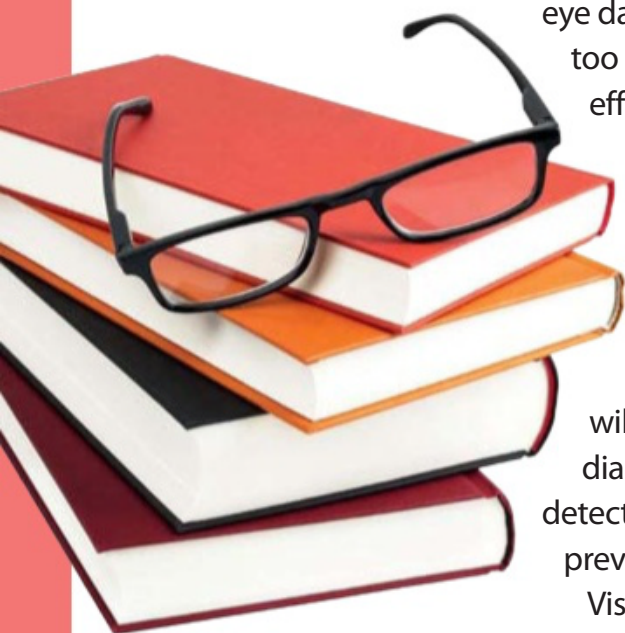


4

PROTECT YOUR SIGHT

If you saw Neil's story in our May/June issue, you will have seen the **consequences** he lives with from not regularly getting his eyes checked. [If you missed it, sadly Neil – like many – lost his sight due to diabetes]. "Every person with diabetes is at risk of eye damage and vision loss because diabetes can damage blood vessels in the eye," says Diabetes Australia CEO Professor Greg Johnson. "[We think] around 630,000 people aren't getting their eyes checked, and this means eye damage is often identified too late when treatment is less effective and more costly."

A new national program, KeepSight, is designed to send you reminders and prompts for regular diabetes eye checks. This will allow problems (such as diabetic retinopathy) to be detected and treated early, thus preventing further damage. Visit keepsight.org.au.



5

YOGIC SLEEP

Struggling to ease your mind from running a marathon through your thoughts? Then yogic sleep may be a technique for you to try.

More commonly referred to as Yoga Nidra, this practice encourages you to bring your body to a restorative state, calming your nervous system's fight-or-flight response, ultimately decreasing stress and anxiety and improving your ability to have a peaceful, well-rested sleep.

Unlike other forms of yoga, Nidra classes are suitable for everyone, from children to seniors, varying from five minutes to 1 hour in length. This guided relaxation class will begin as you lay in Savasana (corpse pose – on your back with your palms open upwards and feet relaxed) and you are encouraged to make yourself as comfortable as possible to truly deactivate your mind. Following the instructor's voice, you will be guided through various tension spots in your body and mind, and release any associated negativity.

As you learn the techniques, you'll be able to adapt them in the comfort of your own bed, helping with blissful sleep! To find a Nidra class near you, visit findyoga.com.au. ■

DRINKS

- 65 Beetroot, orange and ginger juice ●●●
 79 Green smoothie ●●

BREAKFAST

- 78 Cauliflower and parmesan fritters with roasted tomatoes ●●
 77 Crepes with yoghurt, fruit and maple syrup ●●
 77 Fruit & nut muesli ●●
 78 Mushroom, corn and parmesan omelette ●●●●

LIGHT MEALS, SNACKS & STARTERS

- 47 Beef pho ●●
 65 Chicken & avo muffins ●
 58 Chicken with quinoa Greek salad ●●
 58 Crab noodle salad ●●
 42 Creamy chickpea and pumpkin soup ●●●●
 48 Creamy sweet corn and mussel chowder ●●●
 65 Curried tuna and cucumber bites ●●
 57 Italian-style salad with crisp pancetta ●●
 64 Kale chips ●●●
 57 Lamb cutlets with minty broad bean mash ●●

- 58 Lemon & rosemary traybake lamb ●●
 61 Lemon marjoram sardines with walnut & pepper dressing ●●
 59 Pan-fried potato, tomato and egg ●●●
 46 Rich tomato and seafood soup ●●
 45 Roast capsicum and lentils with walnut and lemon topping ●●●●
 64 Salmon and rocket muffins ●
 56 Salmon with potato, tomato and corn salad ●●
 48 Smoky tomato and bacon soup ●●●
 65 Spicy popcorn ●●●
 64 Spinach and cream cheese dip ●●●
 57 Spinach, capsicum and bocconcini salad ●●●
 47 Sweet corn and chicken soup ●●●

MAINS

- 36 Balsamic roasted sausages with red veg ●●
 24 Cauliflower, leek and cheddar soup ●●●●
 49 Chicken, spinach and cauliflower pies ●●
 31 Chicken with creamy cranberry sauce and roasted vegies ●

- 30 Indian-style fish curry ●●●
 38 Korean sesame pork stir-fry ●●
 22 Massaman beef curry ●●●●
 37 Miso steak ●●
 39 Pork and prawn noodles ●
 24 Roasted cauliflower, pumpkin & lamb salad ●●
 30 Roasted winter vegie salad ●●●
 34 Simple seafood stew ●●
 23 Soy roasted Asian greens and salmon ●●
 31 Steak with salsa verde and pea mash ●●
 38 Tandoori chicken ●●
 23 Turkey patties with Greek salad ●
 39 Vegie meatballs with tomato courgetti ●●●

DESSERTS

- 73 Baked orange and passionfruit cheesecake ●●
 72 Cappuccino-style jellies ●●
 73 Chocolate dipped fruit ●●●
 73 Creamy chocolate macaron sandwiches ●●
 70 Mini chocolate soufflé puddings ●●
 72 Soft meringues with poached strawberries ●●●

KEY ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

DIABETIC LIVING DEAL

2 FREE ISSUES + FREE COOKBOOK!

when you subscribe to *Diabetic Living*



ONLY
\$35

SAVE
54%*
ON TOTAL
VALUE

EASY WAYS FOR YOU TO SUBSCRIBE



www.subscribe today.com.au/DL/Deal

On the *job*

Our resident type 1 columnist, *Rob Palmer*, navigates the extra challenges that come with starting a new job when you have diabetes



It can be exciting, it can be daunting, it can turn your life around or possibly upside down. There are many ways a new job can affect you, but all of them will require you to pay close attention to your management of diabetes.

In April I began co-hosting a breakfast radio show out of Gosford on radio station 107.7 2GO. It's a heap of fun but has presented some time, diet and schedule-managing issues to which I have slowly adjusted but am yet to get close to perfect.

Initially, I starved myself from 3.30am until show finish at 9am, with a couple of coffees to prop myself up. This was because I wasn't sure how much time, if any, I would have to eat as needed. I avoided an insulin commitment to food as I didn't fancy a live, on-air hypo. The closest I had come to that in the past was a BGL of 3.1 about one minute before attempting to dance a tango during the very live *Dancing With The Stars*. The first three steps of that dance were almost thrown as I focused on swallowing the half-chewed jelly beans in my mouth instead of dancing.

The starvation quickly became a problem, amplified one morning as my grumbling stomach was very audible over the hush as we broadcast the secret sound. Let's face it, no food was no option.

Dietary choices may vary, but I'm now spreading breakfast over four hours with a split dose of insulin. It kinda works. Dinner time has become

ridiculously early as I am spent by 6pm and in bed by 9pm at the latest.

My method for adjusting has been to realise that I have a calculated ratio of insulin to carbohydrates. I also have that bugger of a thing known to some as the dawn phenomenon, where the liver delivers a bit of extra glucose as the body wakes.

Right now I am as meticulous as I can be on counting how many carbs I ingest, and seem to have found a happy place.

I can't imagine how hard a change like this would be without the assistance of the insulin pump and CGM combo. Low BGLs are now few and far between, but a huge help I'd recommend to anyone is to be upfront and honest with workmates about what you are dealing with. It is not a cop out or excuse, it is simply "how it is".

I've always found there is an appreciation of the awareness by workmates and a willingness and enthusiasm to be part of your daily insurance against issues to do with diabetes. I don't see it as invasive or prying, it is a reassurance to me that comes with a gratitude for the show of support. Our producer now has a jar of lollies under her desk and throws a "thumbs up?" gesture through the sound-proof glass of the studio every time she sees me check my pump for a glucose reading.

No one can really completely understand your management of diabetes, but they can show they support you. New jobs bring many things. For those with diabetes, they bring a chance to build a new support crew. ■



Boost your energy & wellbeing!

Plus strengthen your bones and muscles...

Having a good quality of life requires healthy nutrition. Fortunately, an Australian dietician developed BodyCare Nutrition Revitalise. It is a Low GI multivitamin health drink to make living with diabetes easier. Here's how Revitalise has helped some people improve their lives...

I feel fantastic!

“ I have type II diabetes. I started using Revitalise as a pre workout early morning shake and oh wow, I have got stamina to keep up and I feel fantastic. So far I'm going well and I'm not even hungry after work outs. - M. D., Qld. **”**

My energy levels increased!

“ I am feeling the benefits of drinking Revitalise. My energy levels have definitely increased, which is lovely!

One week later: I am totally blown away by how well I am feeling. I have not had even one craving for chocolate! I feel so balanced, it is wonderful. - Bernadette Heap, N.S.W. **”**

Boosting your energy Revitalise gives you sustained energy, so you can stay active all day long. It contains vitamins B1, B2 and B3, which contribute to your normal energy metabolism. Plus folate and vitamins B2 and B3 assists in reducing tiredness and fatigue.

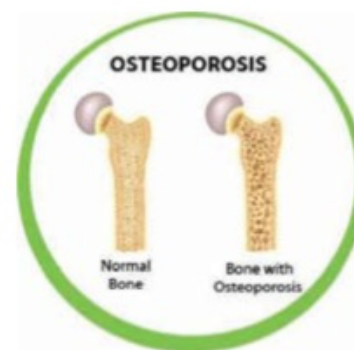


Are you getting the best out of life?

Plus, Revitalise is good for you in many other different ways...

Osteoporosis and bone health

Calcium and Vitamin D enhance bone mineral density and reduce the risk of osteoporosis. Protein assists with the maintenance of normal bones. Whilst Calcium and Magnesium are necessary for normal bone structure. Vitamin C contributes to collagen formation for the normal structure of your bones.



Muscle function and performance Good nutrition is an important factor in falls prevention, as weakness can result from a loss of muscle mass and strength. The protein in Revitalise helps the growth and maintenance of your muscles. Calcium and magnesium are necessary for normal muscle function.

Weight loss and weight management Carrying excess weight may change the way your body reacts to Insulin. Revitalise makes it easier for you to better manage your weight and even lose some weight. With Low GI foods, carbohydrates break down more slowly. This results in curbing any feeling of hunger. Also, the combination of Low GI and healthy levels of protein and fibre means Revitalise keeps you from snacking. Plus when used as part of a calorie controlled diet, Revitalise can help you lose weight.

As an all-round wellbeing drink, Revitalise is also good for your heart, **blood pressure, cholesterol**, brain, immune system and your digestive system. Visit bodycarenutrition.com.au for more information.

Revitalise is not a meal replacement. It is available in delicious vanilla, chocolate and coffee flavours. At only RRP \$32.95, Revitalise lasts 14 days.

Free delivery for online orders

Revitalise is available from the stores below and online from bodycarenutrition.com.au. Insert Coupon Code **goodhealth2019** into the shopping cart for **free delivery**. Offer expires 31/8/19.



 **Made in Australia**

Sydney

- Austral Pharmacist Advice, **Austral**
- Destro's Pharmacy, **Drummoyne**
- Easy Script, Queen St, **St Marys**
- Eddies Pharmacy, **Ramsgate Beach**
- PharmaSave, Victoria Rd, **West Ryde**
- Priceline, Southlands, **Penrith South**
- St Lukes Xtreme Chemist, **Raby**
- Terry White Chemmart, **Bondi Junction** (Westfield)
- Terry White Chemmart, **Oran Park** S/Centre
- Terry White Chemmart (438 High St), **Penrith**
- Westleigh Pharmacy Chemsave, **Westleigh Village**

Central Coast

- Bateau Bay Road Chemist, **Bateau Bay**

- Discount Drug Store, **Budgewoi**
- HealthSAVE Chemist, **Erina Fair**
- Hopes Pharmacy, **Toukley**
- Wyee Centre Pharmacy, **Wyee**

Newcastle area

- My Community Pharmacy, **Shortland**

NSW Southern area

- Beachside Capital Chemist, **Ulladulla**
- Figtree Plaza Chemist, **Figtree**
- Mittagong Capital Chemist, **Mittagong**
- Windang Pharmacy & Compounding, **Windang**

NSW Mid North Coast

- Hearle's Pharmacy, **Port Macquarie**

Northern NSW

- Mullum Chemsave Pharmacy, **Mullumbimby**

Brisbane

- Brassall Pharmacy, **Brassall**
- Jindalee Chemsave, **Jindalee**
- Priceline, **Redbank**
- Terry White Chemmart, **Mt Ommaney**

South East Queensland (regional)

- Soul Pattinson Pharmacy, **Murgon**

North Queensland

- Ayr Amcal Chemist, **Ayr**
- LiveLife Pharmacy, **Cannonvale**

Melbourne

- Capital Chemist, **Coburg North**
- Clairview Pharmacy, **Clairview Rd, Deer Park**

- Deer Park Pharmacy, **Ballarat Rd, Deer Park**

South Australia

- Priceline, **Port Lincoln**

Perth

- Landsdale Guardian Pharmacy, **Landsdale**
- Ocean Reef Pharmacy, **Ocean Reef**
- Stratton Park Pharmacy, **Stratton Park**

Fremantle

- Cockburn Super Clinic Pharmacy, **Success**



Available at all stores nationally.



ACT and Central West, NSW

Buy online: 

www.bodycarenutrition.com.au

**SPUD
LITE™**

**25%
LESS
CARBS**
THAN OTHER POTATOES*



*Lite on carbs.
Rite on taste.*

Spud Lite is the only potato that naturally has 25% less carbs than other potatoes.



Spud Lite is a golden, creamy potato bursting with nutrition, being a source in vitamin C and potassium. It is incredibly easy to prepare, its versatility makes it a complete all-rounder. Spud Lite has come

from natural cross pollination without any genetic modification resulting in 8.9g of carbohydrates per 100g... that's 25% less than other potatoes!

spudlite.com.au



*25% lower in carbohydrates than the average raw potato listed in the AustNut 2011-13 Food Database.

